

NEW!
Register
Online for
Classes

Falls Church Recreation and Parks

Fall 2008



New! Online Registration
Update your household info
before August 15

See page 34 for details

photo by Gary Mester

Main Number: 703-248-5077

Inclement Weather/Open Gym Hotline: 703-248-5125

Special Events: 703-248-5178

Registration Dates
Residents: August 18
Non-Residents: August 25

Farmers' Market



photo by Gary Mester

OPEN YEAR ROUND!

Saturdays in City Hall Parking Lot,
300 Park Avenue

May 3-December 13, 2008, 8am-Noon

Enjoy fresh fruit, vegetables, flowers and more!

Sunset Cinema

Friday evenings, September 5, 19 and 26
8pm or dusk at Cherry Hill Park

Not just one, but three evenings full of free fun for the entire family! Bring a blanket and bug spray and spend the evening watching a movie on our large outdoor screen. Popcorn, candy and drinks will be available for purchase.

September 5 - Alvin and the Chipmunks
(PG, 2007)

September 19 - Enchanted (PG, 2007)

September 26 - Horton Hears a Who
(G, 2008)



33rd Annual Fall Festival and Taste of Falls Church



photos by Gary Mester

Saturday, September 13, 10am-4pm
Cherry Hill Park, 312 Park Avenue
Free Admission

Enjoy a day full of live entertainment, children's activities, amusement rides and more. Be sure to bring an appetite as local restaurants will be sampling their unique cuisine! Come and visit the many local civic organizations, businesses, artists and craft vendors that will be present.

15th Annual Farm Day

Saturday, October 11, 10am-3pm
Cherry Hill Park, 312 Park Avenue

Enjoy hayrides, pony rides, a petting farm, scarecrow making, pumpkin painting, blacksmithing and more.

For scarecrows please bring a long sleeved shirt, long pants and an old pair of pantyhose. For more information call 703-248-5171.



Halloween Carnival

Saturday, October 25, 6-7pm Infants to 2nd Graders,
7:30-8:30pm 3rd to 5th Graders
Falls Church Community Center,
223 Little Falls Street

Tons of candy, games, face painting, a live creepy creature show and more! Fun for the entire family!



Veterans Day Ceremony

Tuesday, November 11, 11am
Falls Church Veterans Memorial
223 Little Falls St.

16th Annual Holiday Craft Show

Saturday, December 6 and Sunday, December 7
Falls Church Community Center,
223 Little Falls St.

Come enjoy over 60 juried crafters selling handmade items. Admission is \$1 Children under 12 free.

Event Sponsorships Available!

The City of Falls Church has many sponsorship opportunities for its special events. To learn more about how you or your business can sponsor a City special event, please contact Jenny Elmore at 703-248-5199 or jelmore@fallschurchva.gov.

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Recreation & Parks Staff

Howard E. Herman, *General Manager of Community Services*
 Daniel J. Schlitt, *Deputy Director*
 Jenny Elmore, *Special Events, Senior Program Supervisor*
 Chris Madison, *Sports Coordinator, Program Supervisor*
 Debbie Wright, *Hobby Class Coordinator, Program Supervisor*
 Tracy Browand, *Senior Center Coordinator*
 Diane Morse, *Cherry Hill Farmhouse Coordinator*
 Linda Weikle, *Senior Administrative Assistant*
 Kristina Loerch, *Administrative Assistant*
 Lawrence Goff, *Senior Crew Leader, Parks and Landscape Maintenance*
 Charles Jones, *Landscape Maintenance Worker*
 Raymond Slaughter, *Landscape Maintenance Worker*
 Mike Batky, *Building Maintenance Worker*
 Juan Salguero, *Building Maintenance Worker*
 Sonny Sikhattana, *Building Maintenance Worker*

Recreation and Parks Advisory Board

Robert Meeks, *Chair*
 Gerard Mene, *Vice Chair*
 Joyce Berg
 Charles O'Hara
 Ruth Rodgers, *Planning Commission Representative*
 Kathryn Chandler, *School Board Representative*



General Information

Community Center Hours of Operation

Monday-Thursday: 8am-10:30pm
Friday: 8am-12 midnight
Saturday: 8:30am-12 midnight
Sunday: 2-6pm (April-December)
12-6pm (January-March)

Community Center Holiday Schedule

The building will be closed Sept. 1, Nov. 27, Dec. 24 (building closes at noon), and Dec. 25-26.

Hobby Class Holiday Schedule

No classes are held on the following holidays unless otherwise noted.

Oct. 13, Columbus Day Nov. 26-29, Thanksgiving
Oct. 31, Halloween Dec. 6, Holiday Craft Show
Nov. 11, Veterans Day

Youth Gym Time

Ages 18 and under only: Monday-Friday, 3-5pm.

Teen Gym Time

Ages 13-19 only: Friday and Saturday, 7pm-Midnight

Adult Gym Time

Ages 19 and over only: Monday, 8-10:30pm.
Subject to gym availability.

Open Gym Pricing

Register at the front desk before entering the gym

City Residents:	Free
Non-City Residents 5 and under:	Free
Non-City Residents 6-18 or 65+:	Free
Non-City Residents 19-64:	\$3

Hotline: 703-248-5125

Call for current schedule.

Policy of Non-Discrimination on the Basis of Disability:

The City of Falls Church does not discriminate on the basis of disability in its employment practices or in the admission to access to, or operation of its services, programs, or activities. Letha Flippin, 300 Park Ave., Falls Church, VA, has been designated to coordinate compliance with the ADA non-discrimination requirements. The City of Falls Church is committed to the letter and spirit of the Americans with Disabilities Act. This document will be made available in alternate format upon request. Call 703-248-5077, (TTY 711).

Phone Numbers

Recreation & Parks Division Office 703-248-5077
Falls Church Community Center 703-248-5077
Falls Church Senior Center 703-248-5020
Teen Center Office 703-248-5307
Cherry Hill Farmhouse 703-248-5171
Gym Hotline/Inclement Weather 703-248-5125
Special Events Hotline 703-248-5178
Fax 703-536-8150

Facility Locations

Falls Church Community Center

223 Little Falls Street

Cherry Hill Farmhouse

312 Park Ave.

George Mason High School

7124 Leesburg Pike

Mary Ellen Henderson Middle School

7130 Leesburg Pike

Thomas Jefferson Elementary

601 S. Oak Street

Mary Riley Sytles Library

120 N. Virginia Ave.

Registration Dates

Residents: August 18

Non-Residents: August 25

SPECIAL SERVICES

Yard Waste Stickers: May be purchased in \$5 increments at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

Senior Metro Passes: \$10 at the Falls Church Community Center, 223 Little Falls Street. Exact cash and Visa, MasterCard, American Express and Discover accepted.

NVRPA Bike Trail Maps: \$4 at the Falls Church Community Center, 223 Little Falls St. Exact cash and Visa, Mastercard, American Express and Discover accepted.

Picnic Shelters: Shelters in four City parks (Cherry Hill, Roberts, Madison and Berman Parks) can be reserved. Call 703-248-5077, Monday-Friday, 8am-5pm for availability, fees and application.

Tennis Courts: Lighted courts at Cavalier Trail Park, George Mason HS and the Community Center can be reserved by city residents. Unlighted courts on Cherry Street are first come, first served. Reservations for lighted courts can be made up to one day in advance. Please call 703-248-5077 for reservations.

EVENTS AT CHERRY HILL FARMHOUSE

Falls Church Farm Day

Enjoy a day of old-fashioned fun at Cherry Hill Park. Activities will include horse drawn hayrides, a petting farm, pony rides, pumpkin painting, scarecrow making, live music and more. Free admission. A fee will be charged for some activities.

Location: Cherry Hill Park

Date: Saturday, October 11

Time: 10am-3pm

Call **703-248-5171** for more information.

Victorian Ghost Stories

Location: Cherry Hill Farmhouse

Date: Friday, October 24

Time: 8pm

Listen to ghostly tales from the Civil War to the late 19th century. Period refreshments will be served.

Fee: \$4

Call **703-248-52171** for reservations.

Civil War Thanksgiving

Reenactors will recreate a Civil War Thanksgiving. Watch them partake in the holiday meal, eavesdrop on their Civil War era conversations and interact with them in the parlor as they play parlor games. Free admission. Donations will be accepted for Kokopolori.

Location: Cherry Hill Farmhouse

Date: Saturday, November 29

Time: 11am-3pm

Call **703-248-5171** for more information.

Children's Holiday Shop

Volunteers will help children purchase and wrap inexpensive holiday gifts for friends and family members. All gifts are \$5 and under.

Location: Cherry Hill Farmhouse

Date: Saturday, December 6

Time: 10am-2pm

Call **703-248-5171** for more information.

Holiday Tea at Cherry Hill

Enjoy the ambience of the decorated 1845 farmhouse, learn about old holiday customs, and enjoy a full tea in the lovely dining room. The tea consists of sandwiches, assorted sweets, warm scones and a bottomless cup of tea. Reservations are necessary. Please call **703-248-5171**. Private teas can be arranged any day of the week for groups of 10 or more people.

Location: Cherry Hill Farmhouse

Date: Saturday, December 20

Time: 2pm

Fee: \$25



Cherry Hill Farmhouse

312 Park Avenue

703-248-5171

The Cherry Hill Farmhouse is located on Park Avenue, near City Hall and the Falls Church Community Center. The house hosts special events and is available for rent for special occasions.

Cherry Hill Farmhouse was built in 1845. The well-preserved house is an excellent example of a Greek Revival style framed home of the period. Today the house is fully furnished with antiques of the mid-19th century. Historic interpretations of the house focus on the time period 1856-1865 when the Blaisdell family lived at Cherry Hill.

William Blaisdell purchased the 73-acre farm in 1856. He sold his produce at the Centre Market in Washington, D.C. Mr. Blaisdell managed to successfully farm the property through the Civil War. The City of Falls Church now owns Cherry Hill. The household furnishings and antique tool collection in the barn are owned by the Friends of Cherry Hill Foundation. Today reenactments, concerts, readings, lectures, and teas take place at Cherry Hill throughout the year. Special tours can be arranged for large groups, scout troops and school children by calling 703-248-5171. The house is open to the public between the hours of 10am and 3pm, Monday through Thursday. April through October the house is also open on Saturdays between the hours of 10am to 1pm.

Cherry Hill can also be rented for special occasions. The house and surrounding park provide a lovely setting for wedding receptions and small parties. The house capacity is 50 people for a standing event and 20 for a seated event. For larger parties, the outside grounds can be used and a tent is recommended. Reservations are made through the Recreation and Parks Division at **703-248-5077**. For more information on any events taking place at Cherry Hill, call Diane Morse at **703-248-5171**.

Infant and Tot Classes

Tot Time

Bring your preschoolers and watch them climb through tunnels, ride tricycles, and interact with peers. All equipment is provided including tricycles. No strollers or food in the gym. Times subject to change. This program is not held when special events are in the gym or if the Community Center is closed for a holiday. Call 703-248-5125 for updated information.

Location: Gym

Days: Fridays, September 5-May 29

(No tot time September 26, November 28, December 12)

Time: 10am-12 noon

Fees: FREE!



Tiny Tunes- Happy Hands

Birth-17 months

Come experience the fun of a Tiny Tunes class! In this one-time class, learn songs, ASL signs, bounces, finger plays, fun movement activities and even a little Spanish that you can teach your baby, and get a taste of what's in store for the fall session!

Location: Community Room

Activity #	Date	Time	Fees
Instructor: Susan Hayes			
110702-A	Wed: 9/17	11:15am-12pm	R: \$16 / NR: \$20
110702-B	Wed: 9/17	12:15-1pm	R: \$16 / NR: \$20
Instructor: Jody Katz			
110702-C	Sat: 9/20	11:30am-12:15pm	R: \$16 / NR: \$20

Tiny Tunes Birth-17 months

Step out of the hustle and bustle of life and reserve this precious time for you and your baby or toddler to bond through wonderful music and movement activities. Sing, dance, play instruments, and learn finger plays with American Sign Language in this engaging class designed for the very young and their parent or loving caregiver. Nurture your child's development of listening, language, fine and gross motor skills while having fun! All materials are included.

Location: Community Room

Activity #	Date	Time	Fees
Instructor: Susan Hayes			
110214-A	Wed: 9/24-12/3*	11:15am-12pm	R: \$210 / NR: \$220
110214-B	Wed: 9/24-12/3*	12:15-1pm	R: \$210 / NR: \$220
Instructor: Jody Katz			
110214-C	Sat: 9/27-11/15*	11:30am-12:15pm	R: \$156 / NR: \$166

*No class dates 11/26, 10/11

Music Together Birth-5 years



Music Together is a community of families sharing songs, instrument play, movement, dance, and rhythm activities in a musically rich, relaxed,

playful, and nonperformance-oriented setting. Music Together classes build on your children's natural enthusiasm for music and movement. Together we develop their musical skills - singing in tune, keeping a beat, and developing a life-long love of music, song, and dance. And having the most amount of fun doing it! All classes made up of family-style classes of mixed ages. Babies 9 months and younger attend FREE with a registered sibling. \$60 discount for sibling. The Family Fee, which includes 2 CDs and Songbook for semester's music, and "Music and Your Child, A Guide for Parents and Caregivers" is now included in the tuition. Please visit www.MusicWithMaddy.com.

Instructor: Maddy O'Neill-Dean

Location: Community Room

Activity #	Date	Time	Fees
110608-A	Mon: 9/15-11/24*	9-9:45am	R: \$210 / NR: \$220
110608-B	Mon: 9/15-11/24*	10-10:45am	R: \$210 / NR: \$220
110608-C	Mon: 9/15-11/24*	11-11:45am	R: \$210 / NR: \$220
110608-D	Mon: 9/15-11/24*	3-3:45pm	R: \$210 / NR: \$220
110608-E	Tue: 9/16-11/25*	9-9:45am	R: \$210 / NR: \$220
110608-F	Tue: 9/16-11/25*	10-10:45am	R: \$210 / NR: \$220
110608-G	Tue: 9/16-11/25*	11-11:45am	R: \$210 / NR: \$220
110608-I	Tue: 9/16-11/25*	12:15-1pm	R: \$210 / NR: \$220

*No class dates 10/13, 11/11

FREE DEMONSTRATION CLASSES: Please join Maddy on Monday, August 11, Tuesday, August 12, Monday, September 8, and Tuesday, September 9 at 10am for a free class. Come see what all the fun is about!!! NO registration required for free demonstration class. Invite your friends!



Art in Hand Tots 18 months-3 years

The ART IN HAND program is designed exclusively for toddlers and preschoolers, by an experienced art therapist, to meet their unique developmental needs. The Creative Beginnings class for toddlers is specially designed to engage the very youngest artists in developmentally appropriate, process-oriented art. Each week an interactive story time will inspire creative exploration in drawing, painting, collage, sculpting or mixed media construction. In this Fall Session, participants will enjoy stories and art-making that will reflect the changing hues and the distinctive sensations of their autumn world. The ART IN HAND program's distinctive approach will stimulate the senses, spark the imagination, and support emerging language, social, and problem-solving skills. Most of all, ART IN HAND classes provide an opportunity for little ones and their parent/caregiver to be creative, have fun, and make the mess away from home! We use only high quality art materials designed for use by young children plus lots of appealing found objects and materials. All materials are included in tuition. For more information about the program visit www.artinhand.org

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
110100-A	Thu: 9/18-12/11*	10-10:45am	R: \$204 / NR: \$214
110100-B	Mon: 9/15-12/8*	10-10:45am	R: \$204 / NR: \$214

*No class dates 11/27, 10/13

Classic Tales 'n Tunes 18 months-5 years



Classic Tales 'n Tunes® invites young children and their caregivers to share a joyful adventure in learning through

the expressive arts: reading stories, making music, enjoying puppetry, exploring gross motor equipment, and playing interactive games. Each lesson explores a theme through a rich diversity of music and literature from different genres and cultures. Spanish and American Sign Language, our country's 2nd and 3rd most common languages, are blended into the curriculum, promoting a friendly and inclusive environment. This award-winning multi-sensory program nurtures cognitive, language, motor, social and emotional skills as well as musicality and creativity. Siblings 11 months or younger attend FREE with registered student; those 12 months and over must register. Please visit www.classictnt.com to learn more!

Location: Community Room

Activity #	Date	Time	Fees
Instructor: Susan Hayes			
110211-A	Wed: 9/24-12/3*	9:15-10am	R: \$210 / NR: \$220
110211-B	Wed: 9/24-12/3*	10:15-11am	R: \$210 / NR: \$220
Instructor: Jody Katz			
110211-C	Sat: 9/27-11/15*	9:30-10:15am	R: \$156 / NR: \$166
110211-D	Sat: 9/27-11/15*	10:30-11:15am	R: \$156 / NR: \$166

*No class dates 11/26, 10/11

Classic Tales 'n Tunes Preview 18 months-5 years

Let's celebrate all the great things we can do with our bodies in this hand-clapping, knee-slapping, foot-stomping jamboree! Enjoy great stories and songs in English, Spanish, and American Sign Language, puppetry, finger plays and movement activities. This class is perfect for new students who want to try the program before fall session starts, for our regular students who want to bridge the gap between summer and fall sessions, and for others who just want to experience an enriching and fun class! Please visit www.classictnt.com to learn more!

Location: Community Room



Activity #	Date	Time	Fees
Instructor: Susan Hayes			
110213-A	Wed: 9/17	9:15-10am	R: \$16 / NR: \$20
110213-B	Wed: 9/17	10:15-11am	R: \$16 / NR: \$20
Instructor: Jody Katz			
110213-C	Sat: 9/20	9:30-10:15am	R: \$16 / NR: \$20
110213-D	Sat: 9/20	10:30-11:15am	R: \$16 / NR: \$20

Twoosy Doodlers 20 months-3 years

This is a special art class just for toddlers and parents (or helpers). Little fingers will experiment with painting, gluing, sticking, printing and creating, while developing fine motor, language and self-help skills. This is an "I can do it!" class that is fun and creative! Each session has new activities and moms and helpers get to play too. All materials are included!

Instructor: Abakadoodle

Location: Art Room

Activity #	Date	Time	Fees
110101-A	Wed: 9/17-10/22	9:15-9:55am	R: \$99 / NR: \$109
110101-F	Wed: 9/17-10/22*	11:15-11:55am	R: \$99 / NR: \$109
110101-C	Thu: 9/18-10/23	3-3:40pm	R: \$99 / NR: \$109
110101-D	Sat: 9/20-10/25	10:15-10:55am	R: \$99 / NR: \$109
110101-E	Wed: 10/29-12/10*	9:15-9:55am	R: \$99 / NR: \$109
110101-B	Wed: 10/29-12/10	11:15-11:55am	R: \$99 / NR: \$109
110101-G	Thu: 10/30-12/11*	3-3:40pm	R: \$99 / NR: \$109
110101-H	Sat: 11/1-12/13*	10:15-10:55am	R: \$99 / NR: \$109

*No class dates 11/26, 11/27, 12/6, 11/29

Tiny Dancers Mom & Me 2-3 years

The Tiny Dancers award winning "Mom & Me" program is shared experience between young ballet dancers ages 2-3 and a parent, grandparent or other caregiver. Group activities and individual expression are encouraged as the children choose costumes and props to interpret favorite stories and fairy tales through dance.

Instructor: Tiny Dancers

Location: Dance-Right

Activity #	Date	Time	Fees
110204-B	Fri: 9/19-12/12*	10-10:45am	R: \$250 / NR: \$260

*No class dates 11/28, 12/5

Toddler and Preschool Classes

Tot Yoga 2-4 years

This is a fun age for yoga! Children with a parent/grown-up will enjoy learning what their bodies can do. Through games, activities, poses, and songs, our mini-yoginis will celebrate the body, mind and spirit through a 2,000 year tradition of holistic development.

Instructor: Unyong Waide

Location: Dance-Left

Activity #	Date	Time	Fees
110403-A	Fri: 9/19-10/24	9:15-10am	R: \$90 / NR: \$100
110403-B	Fri: 11/7-12/12*	9:15-10am	R: \$75 / NR: \$85

*No class dates 11/28

Art in Hand Preschooler 3-5 years

The ART IN HAND program is designed exclusively for toddlers and preschoolers, by an experienced art therapist, to meet their unique developmental needs. The Creative Exploration class for preschoolers focuses on exploration with developmentally appropriate art materials in a supportive environment that emphasizes process over product. Curious kids will enjoy an interactive story time and have opportunities to create with a wide variety of traditional art media, found objects and natural materials. In this Fall Session, participants will enjoy stories and art-making that will reflect the changing hues and the distinctive sensations of their autumn world. All art activities are designed to stimulate the senses, spark imaginations, support the development of language and emerging literacy, and promote social and problem solving skills. Most importantly, the class offers a fun environment where children and their parent/caregiver can share the adventure of creative expression through art. All materials are included in tuition. For more information about the program visit www.artinhand.org

Instructor: Art in Hand Staff

Location: Art Room

Activity #	Date	Time	Fees
110107-A	Thu: 9/18-12/11*	11:15am-12pm	R: \$204 / NR: \$214

*No class dates 11/27

Mini Doodlers 3-6 years

Children develop their creativity through carefully designed lessons that ignite the imagination and develop skills. Using real artists' materials including watercolors, tempera paints, oil pastels, creative tools and more, the children create masterpieces that are truly unique. All materials are included in tuition.

Instructor: Abrakadoodle

Location: Art Room

Activity #	Date	Time	Fees
110102-A	Wed: 9/17-10/22	10:15-11am	R: \$99 / NR: \$109
110102-B	Thu: 9/18-10/23	2-2:45pm	R: \$99 / NR: \$109
110102-C	Sat: 9/20-10/25	11:15-11:55am	R: \$99 / NR: \$109
110102-D	Wed: 10/29-12/10*	10:15-11am	R: \$99 / NR: \$109
110102-E	Thu: 10/30-12/11*	2-2:45pm	R: \$99 / NR: \$109
110102-F	Sat: 11/1-12/13*	11:15-11:55am	R: \$99 / NR: \$109

*No class dates 11/26, 11/27, 12/6, 11/29

Global Arts-Mini Travelers 3-5 years

Left Noodle-Right Noodle presents Global Arts-MiniTravelers! Children zoom around the world exploring cultural arts through music, movement, art, drama, and

storytelling, such as exploring Aboriginal art or creating collages in France. Travelers receive a passport and a weekly parent letter with at-home activities to expand their learning. MiniTravelers is available in two class formats: Child-only is open to 4- and 5-year-olds; Parent-Child is open to 3- to 5-year-olds. Moms sign your preschooler up for MiniTravelers while you take time for yourself at Fit4Moms.

Instructor: Left/ Right Noodle

Location: Teen Center



Activity #	Date	Time	Fees
110109-A	Wed: 9/24-10/22	9:45-10:35am	R: \$95 / NR: \$105
110109-B	Thu: 9/25-10/23	10:30-11:20am	R: \$95 / NR: \$105
110109-C	Thu: 11/6-12/11*	10:30-11:20am	R: \$95 / NR: \$105
110109-D	Wed: 11/5-12/10*	9:45-10:35am	R: \$95 / NR: \$105

*No class dates 11/27, 11/26

Preschool Cheer & Tumble 3-5 years

Classes will cover all of the basics of cheerleading in tumbling for age and talent appropriate athletes.

Instructor: All Star Legacy

Location: Dance-Left

Activity #	Date	Time	Fees
120405-A	Tue: 9/16-12/2*	4-4:45pm	R: \$140 / NR: \$150

*No class dates 11/11

Tiny Dancers 3-5 years

Tiny Dancers classes are designed for girls and boys, age 3-6 as an introduction to ballet. This exceptional performance based program incorporates classical technique and includes exquisite, custom-made costumes and creative story-dance interpretations.

Instructor: Tiny Dancers

Location: Dance Studio

Activity #	Date	Time	Fees
Ages 3-4			
110209-A	Fri: 9/19-12/12*	11-11:45am	R: \$250 / NR: \$260
Ages 4-5			
110209-B	Fri: 9/19-12/12*	12-12:45pm	R: \$250 / NR: \$260

*No class dates 11/28, 12/5

Preschool Program and Classes

Preschool*

The program focuses on fun and positive learning experiences for 3-5 year olds with activities centered on arts and crafts, music, drama, and games. Through these mediums, the class will focus on coloring, painting, cutting, shape, letter, and number recognition. This preschool program will provide a smooth transition to kindergarten. This preschool program will also teach students responsibility and good social skills, which will enable children to grow as an individual. Our qualified staff and small class ratio (16:2) makes a safe program for everyone. We are licensed by the State of Virginia Department of Social Services. Children must be potty-trained by the first day of the fall session class. In order to register for the preschool program, children must be born within the birthdates listed. Proof of age via birth certificate and physical and immunization report is required the first day of the program.

Instructor: Alison Collins

Location: Preschool Room

Preschool, Juniors

(Birthdates October 1, 2004- September 1, 2005)

Activity #	Date	Time	Fees
111001-B	Tue/Thu: 9/9-12/18*	9am-12pm	R: \$416 / NR: \$426
*No class dates 11/11, 11/27			
211001-C	Tue/Thu: 1/6-5/21*	9am-12pm	R: \$564 / NR: \$574
*No class dates 4/7, 4/9			

Preschool, Seniors

(Birthdates October 1, 2003- September 30, 2004)

Activity #	Date	Time	Fees
111002-B	Mon/Wed/Fri: 9/8-12/19*	9am-12pm	R: \$676 / NR: \$686
*No class dates 10/13, 11/28			
211002-D	Mon/Wed/Fri: 1/5-5/22*	9am-12pm	R: \$865 / NR: \$875
*No class dates 1/19, 2/16, 4/6, 4/8, 4/10			

Preschool, Afternoon Seniors

(Birthdates April 1, 2003- September 30, 2005)

Activity #	Date	Time	Fees
111005-B	Mon/Wed/Fri: 9/8-12/19*	1-4pm	R: \$676 / NR: \$686
*No class dates 10/13, 11/28			
211004-D	Mon/Wed/Fri: 1/5-5/22*	1-4pm	R: \$865 / NR: \$875
*No class dates 1/19, 2/16, 4/6, 4/8, 4/10			



Pre-K Readiness*

(Birthdates October 1, 2003- September 30, 2004)

This program will offer your child the opportunity to socialize with children entering Kindergarten in September 2009. Your child will be able to enhance and strengthen his or her independent learning abilities in a productive and positive classroom environment. Over and above the preschool program guidelines, your child will also have a chance to participate in activities that revolve around seasonal themes accentuated to encourage cognitive thinking and creative skills. This class will also initiate beginning writing, reading and conversational skills. Children must be potty trained. Proof of age via a birth certificate, and your child's physical and immunization report will be required on the first day of the program. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the following session. This will assure your child a space for the entire year. The balance fees will be due one week before the next session begins.

Instructor: Sue John

Location: Preschool Room

Activity #	Date	Time	Fees
111003-B	Tue/Thu: 9/9-12/19*	1-4pm	R: \$430 / NR: \$440
*No class dates 11/11, 11/27			
211003-A	Tue/Thu: 1/6-5/21*	1-4pm	R: \$583 / NR: \$593
*No class dates 4/7, 4/9			



Let's Make a Story 4-6 years

We'll read and make up stories; interact to music connected to the topic of that session. Each session has two parts to it. Your child will work on a project to take home at the end of the second part. The cost includes all supplies and a snack which will be served with water.

Instructor: Sue John

Location: Art Room

Activity #	Date	Time	Fees
Flat & Round Things			
110110-A	Wed: 10/8-10/15	2-4:30pm	R: \$65 / NR: \$75
Not so Scary Things			
110110-B	Wed: 10/22-10/29	2-4:30pm	R: \$65 / NR: \$75
Thanks for Things			
110110-C	Wed: 11/12-11/19	2-4:30pm	R: \$65 / NR: \$75
Sparkly & Shiny Things			
110110-D	Wed: 12/3-12/10	2-4:30pm	R: \$65 / NR: \$75

* Fall session fees are due at time of registration. You are encouraged to enroll for the remainder of the year by placing a \$100 non-refundable deposit on the winter-spring session which will assure your spot for the entire year. The balance of the winter-spring fees is due by December 15.

Falls Church Dance Program

CLASS DESCRIPTIONS

PRESCHOOL CLASSES: 2-5 year olds, ages based on child's age as of 9/30/08

LEVEL 1 CLASSES: Kindergarten-1st graders.

LEVEL 2 CLASSES: 2nd-3rd graders. No experience necessary.

LEVEL 3 CLASSES: 4th-6th graders. No experience necessary.

TEEN CLASSES: 7th-12th graders. No experience necessary.

SHOES AND ATTIRE:

Preschool A - No special shoes or clothing required.

Preschool B/C - Ballet shoes recommended, tap shoes or "noisy" shoes recommended.

Ballet Classes - Ballet shoes required. Dancewear or other form-fitting clothing required.

Tap/Jazz Classes - Tap shoes and ballet or jazz shoes required. Dancewear or other form-fitting clothing required.

Jazz Classes and Creative Dance - Jazz or ballet shoes required. Dancewear or other form-fitting clothing required.

Ballet/Tap/Jazz Classes - Ballet and tap shoes required. Dancewear or other form-fitting clothing required.

Dance for Musical Theater and Hip Hop - No special shoes or clothing required.



For more information on Tiny Dancers call: **703-385-5580**

For more information on Dream in Color call:
703-642-1711

For more information on Everybody Dance email:
everybodydance07@gmail.com

If you have an idea for a new class, please submit it to
dwright@fallschurchva.gov.

Tiny Dancers Mom & Me 2-3 years

The Tiny Dancers award winning "Mom & Me" program is shared experience between young ballet dancers ages 2-3 and a parent, grandparent or other caregiver. Group activities and individual expression are encouraged as the children choose costumes and props to interpret favorite stories and fairy tales through dance.

Instructor: Tiny Dancers Staff

Location: Dance-Right

Activity #	Date	Time	Fees
110204-B	Fri: 9/19-12/12*	10-10:45am	R: \$250 / NR: \$260
*No class dates 11/28, 12/5			

Preschool Dance A 2-3 years

Must be 2 by September 30, 2008

An introduction to dance, movement and expression for 2-3 year olds. Emphasis will be placed on ballet basics while we help our youngest dancers develop balance, coordination and rhythm. Parents or guardians must stay on premises but not in the classroom, unless requested by the instructor. Please note designated ages in classes. Preschool A classes have no special shoes or clothing requirements.

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: Culpepper			
110203-A	Thu: 9/18-12/11*	11-11:30am	R: \$48 / NR: \$58
Instructor: Culpepper			
110203-B	Tue: 9/16-12/9*	9:30-10am	R: \$48 / NR: \$58
Instructor: O'Hara			
110203-D	Thu: 9/18-12/11*	12:30-1pm	R: \$48 / NR: \$58
Instructor: Foster			
110203-F	Sat: 9/20-12/13*	9:30-10am	R: \$48 / NR: \$58
Instructor: Culpepper			
110203-H	Mon: 9/15-12/8*	4-4:30pm	R: \$48 / NR: \$58
*No class dates 11/27, 11/11, 12/6, 11/29, 10/11, 10/13			

Preschool Dance with Me 2-5 years

This class is designed for both parents/caretakers and your preschooler. Learn dances together while having a great time!

Instructor: Culpepper

Location: Dance-Left

Activity #	Date	Time	Fees
110206-A	Thu: 9/18-12/11*	11:30am-12pm	R: \$48 / NR: \$58
*No class dates 11/27			



Dance Programs

Tiny Dancers 3-5 years

Tiny Dancers classes are designed for girls and boys, age 3-5 as an introduction to ballet. This exceptional performance based program incorporates classical technique and includes exquisite, custom-made costumes and creative story-dance interpretations.

Instructor: Tiny Dancers Staff

Location: Dance Studio

Activity #	Date	Time	Fees
Ages 3-4			
110209-A	Fri: 9/19-12/12*	11-11:45am	R: \$250 / NR: \$260
Ages 4-5			
110209-B	Fri: 9/19-12/12*	12-12:45pm	R: \$250 / NR: \$260

*No class dates 11/28, 12/5



Preschool Dance B 3-4 years

Must be 3 by September 30, 2008

An introduction to dance, movement and expression for 3 to 4 year olds. In Preschool B/C classes, students will be introduced to tap. Parents or guardians must stay on premises but not in the classroom. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or "noisy" shoes.

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: Dream In Color			
110202-I	Wed: 9/17-12/10*	10:30-11:15am	R: \$78 / NR: \$88
Instructor: Ohr			
110202-J	Thu: 9/18-12/11*	1-1:45pm	R: \$72 / NR: \$82
Instructor: Culpepper			
110202-K	Mon: 9/15-12/8*	3:15-4pm	R: \$72 / NR: \$82
Instructor: Dream In Color			
110202-L	Sat: 9/20-12/13*	10:30-11:15am	R: \$78 / NR: \$88
Instructor: O'Hara			
110202-M	Mon: 9/15-12/8*	1-1:45pm	R: \$72 / NR: \$82
Instructor: O'Hara			
110202-N	Sat: 9/20-12/13*	11:15am-12pm	R: \$72 / NR: \$82
Instructor: Culpepper			
110202-O	Tue: 9/16-12/9*	10-10:45am	R: \$72 / NR: \$82
Instructor: Culpepper			
110202-P	Thu: 9/18-12/11*	10:15-11am	R: \$72 / NR: \$82

*No class dates 11/26, 11/27, 10/13, 12/6, 11/29, 11/11

Preschool Dance C 4-5 years

Must be 4 by September 30, 2008

In Preschool B/C classes, students will be introduced to tap. Please note designated ages in classes. Preschool B/C classes recommend ballet shoes, and tap shoes or "noisy" shoes.

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: Culpepper			
110208-Q	Mon: 9/15-12/8*	2:30-3:15pm	R: \$72 / NR: \$82
Instructor: Culpepper			
110208-R	Tue: 9/16-12/9*	10:45-11:30am	R: \$72 / NR: \$82
Instructor: Ohr			
110208-S	Mon: 9/15-12/8*	3-3:45pm	R: \$72 / NR: \$82
Instructor: Culpepper			
110208-T	Thu: 9/18-12/11*	10:45-11:30am	R: \$72 / NR: \$82
Instructor: O'Hara			
110208-U	Thu: 9/18-12/11*	1:45-2:30pm	R: \$72 / NR: \$82
Instructor: TBD			
110208-V	Fri: 9/19-12/12*	3:30-4:15pm	R: \$66 / NR: \$76
Instructor: Foster			
110208-W	Sat: 9/20-12/13*	12-12:45pm	R: \$72 / NR: \$82
Instructor: Dream in Color			
110208-X	Sat: 9/20-12/13*	11:15am-12pm	R: \$72 / NR: \$82
Instructor: Dream in Color			
110208-Y	Sat: 9/20-12/13*	12:15-1pm	R: \$72 / NR: \$82
Instructor: Dream in Color			
110208-Z	Wed: 9/17-12/10*	11:15am-12pm	R: \$78 / NR: \$88

*No class dates 10/13, 11/11, 11/27, 10/31, 11/28, 12/5, 12/6, 11/29, 11/26

Hip Hop 1 5-7 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
120216-A	Wed: 9/17-12/10*	4-5pm	R: \$84 / NR: \$94

*No class dates 11/26

Ballet 1 5-7 years

No experience necessary. Many Ballet 1 classes coordinate with a Tap Jazz 1 class for your convenience. Also see our Ballet Program courses for additional classes offered for this age group.

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: Autor			
120220-B	Thu: 9/18-12/11*	6-6:45pm	R: \$72 / NR: \$82
Instructor: Culpepper			
120220-C	Thu: 9/18-12/11*	4:30-5:15pm	R: \$96 / NR: \$106
Instructor: TBD			
120220-D	Sat: 9/20-12/13*	1-2pm	R: \$96 / NR: \$106

*No class dates 11/27, 11/29, 12/6

Dance Programs

Ballet/Tap/Jazz 1 5-7 years

No experience necessary. Many Ballet 1 classes coordinate with a Tap Jazz 1 class for your convenience. Also see our Ballet Program courses for additional classes offered for this age group.

Location: Dance Studio

Activity #	Date	Time	Fees
Instructor: Lauer			
120254-A	Mon: 9/15-12/8*	4:30-5:30pm	R: \$96 / NR: \$106
Instructor: TBA			
120254-B	Wed: 9/17-12/10*	5-6pm	R: \$96 / NR: \$106
Instructor: TBA			
120254-D	Fri: 9/19-12/12*	5:30-6:30pm	R: \$88 / NR: \$98
Instructor: Foster			
120254-E	Sat: 9/20-12/13*	10:15-11:15am	R: \$96 / NR: \$106

*No class dates 10/13, 11/26, 10/31, 11/28, 12/5, 11/29, 12/6

Jazz/ Hip-Hop 1/2 5-8 years

No experience necessary. Many Ballet 1 classes coordinate with a Tap Jazz 1 class for your convenience. Also see our Ballet Program courses for additional classes offered for this age group.

Instructor: TBA

Location: Dance-Right

Activity #	Date	Time	Fees
120241-A	Fri: 9/19-12/12*	4:15-5:15pm	R: \$96 / NR: \$106

*No class dates 10/31, 11/28, 12/5

Dance With Me 5-9 years

Grades K-3. A special time for parents/caretakers and children to enjoy exercise, music and dance together.

Instructor: Culpepper

Location: Dance-Left

Activity #	Date	Time	Fees
110242-A	Wed: 9/17-12/10*	5:30-6:15pm	R: \$72 / NR: \$82

*No class dates 11/26

Street Jazz 6-9 years

Street Jazz is a dance form combining hip-hop and Jazz. This style of dance can be seen in videos by artists such as Britney Spears, Mya and Usher to name a few. Students must have some background in jazz and hip-hop along with a desire to strive for their best in class.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
120231-A	Wed: 9/17-12/10*	6:30-7:30pm	R: \$91 / NR: \$101

*No class dates 11/26

Ballet/ Tap Combo 1 6-9 years

No experience necessary. Many ballet classes are coordinated with a Tap 1 class for your convenience. Students will focus on proper placement, alignment and the more technical aspects and skills associated with ballet as well as build a firm foundation of basic tap footwork and terminology. Coordination and listening skills are developed as well. This class is a great option for students to explore multiple genres of dance.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
120222-A	Mon: 9/15-12/8*	6-7pm	R: \$84 / NR: \$94

*No class dates 10/13

Elementary Ballet 6 & up

Instructor placement required. For students grades 1 and up who are ready for a more serious ballet class, with a stronger focus on technique and precision. Choose one class weekly.

Instructor: Sue Culpepper

Location: Dance-Left

Activity #	Date	Time	Fees
120225-A	Wed: 9/17-12/10*	4:30-5:30pm	R: \$96 / NR: \$106

*No class dates 11/26

Hip-Hop 2/3 8-11 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
120213-A	Thu: 9/18-12/11*	5:30-6:30pm	R: \$84 / NR: \$94

*No class dates 11/27



Ballet 2/3 7-12 years

Our approach to ballet instruction is to provide outstanding technical guidance in a positive and encouraging manner to help students build a love for this classic form of dance. Our goal is for students to feel successful while learning.

Instructor: Lauer

Location: Dance-Left

Activity #	Date	Time	Fees
120221-A	Mon: 9/15-12/8*	5:30-6:30pm	R: \$96 / NR: \$106

*No class dates 10/13

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Creative Dance 7-12 years

This ballet class is designed for students who would like a more expressive, creative approach to a study of dance. Instruction will incorporate elements of modern, jazz and creative movement and expression.

Instructor: Culpepper

Location: Dance-Right

Activity #	Date	Time	Fees
Creative Dance 2/3			
140261-A	Wed: 9/17-12/10*	6:15-7:15pm	R: \$96 / NR: \$106
Creative Dance 3			
140263-A	Wed: 9/17-12/10*	8-9pm	R: \$96 / NR: \$106

*No class dates 11/26

Dance for Music Theatre 2/3 7-12 years

This class will bring together dance and theatre. Props will be used to give students the feeling of performing in musical theatre along with teaching facial expressions and exaggerated movements needed for dance in theatre.

Instructor: Ohr

Location: Dance-Right

Activity #	Date	Time	Fees
120229-A	Mon: 9/15-12/8*	4:30-5:30pm	R: \$96 / NR: \$106

*No class dates 10/13

Just Jazz 1/2 7-12 years

2nd-3rd graders. No experience necessary. An upbeat, lively style of dance for kids who love to move! Builds strength, flexibility and technical skills.

Instructor: Ohr

Location: Dance-Left

Activity #	Date	Time	Fees
120243-A	Mon: 9/15-12/8*	3:45-4:30pm	R: \$96 / NR: \$106

*No class dates 10/13

Jazz/Hip Hop 2/3 7-12 years

Very exciting dance style, done to your favorite popular music!

Instructor: TBD

Location: Dance-Right

Activity #	Date	Time	Fees
120248-A	Fri: 9/19-12/12*	6:30-7:30pm	R: \$88 / NR: \$98

*No class dates 10/31, 11/28, 12/5

Musical Theatre Jazz 8-11 years

This beginning Broadway style Jazz class will teach students high energy, up beat character expression and movement. The class will focus on basic jazz technique, terminology and learning combinations. This class is perfect for students newer to dance who are interested in auditioning for musical productions.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
130216-A	Mon: 9/15-12/8*	6:30-7:30pm	R: \$84 / NR: \$94

*No class dates 10/13

Preteen Hip Hop 9-11 years

A high-energy class that uses the latest sounds in rap, R&B and pop music together with movements influenced by some of today's hottest video choreographers presented in an age appropriate manner. Hip hop encompasses movement that has elements of poppin', locking, and breaking as well as freestyle movement to give students the opportunity to develop their own sense of style.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
120214-A	Thu: 9/18-12/11*	6:30-7:30pm	R: \$84 / NR: \$94

*No class dates 11/27

Beginner Modern 9-12 years

Modern dance is a contemporary dance form that has its roots in ballet. Classes include floor and center work that incorporates the use of gravity and technique work. The movement vocabulary and range of motion used is endless and creative and draws on each student's personal expression. Classes may include improvisation and creative exercises.

Instructor: Dream In Color

Location: Dance-Right

Activity #	Date	Time	Fees
130217-A	Mon: 9/15-12/8*	7:30-8:30pm	R: \$84 / NR: \$94

*No class dates 10/13

Contemporary Teen/Adult Ballet 11 & up

(No experience necessary.) This class is available to all students in grades 6 and above who wish to experience the beauty of ballet in a contemporary style using contemporary music. A fun way to express yourself and build strength and flexibility.

Instructor: TBD

Location: Dance-Right

Activity #	Date	Time	Fees
140223-A	Thu: 9/18-12/11*	8-9pm	R: \$96 / NR: \$106

*No class dates 11/27

Belly Dancing 18 & up

Students will learn new movements each class, building coordination, grade, strength, and flexibility. Come discover the joy of this organic dance form and celebrate movement through an ancient, life-embracing art! Learn and practice basic techniques including proper stance and posture, arm carriage and patterns, fundamental shimmies, isolations, introductory undulations, and traveling steps. Choreography will be taught to incorporate new movements.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
150204-A	Wed: 9/17-12/10*	7:30-8:30pm	R: \$90 / NR: \$100

*No class dates 11/26

Youth Classes

KidSpanish, Level A 6-10 years

KidSpanish™ combines various learning methods into an interactive language program designed by linguists specifically for children. TPRS (Total Physical Response Storytelling) Curriculum has been used successfully throughout the U.S. for over 20 years! The input based program develops the most effective comprehension based learning experience for each student. Silly interactive skits motivate students to learn Spanish at the prime of their linguistic development. KidSpanish is successful at helping children communicate their ideas and needs using the Spanish language.

Instructor: KidSpanish

Location: Senior Center-Right

Activity #	Date	Time	Fees
121201-A	Sat: 9/20-11/15*	10:45-11:30am	R: \$162 / NR: \$172
*No class dates 10/11			

Cheerleading 6-10 years

We will coach the winter session of Falls Church Super Squad as a true cheerleading team. We will work on motions, dance, jumps, tumbling, stunts and more. Be ready to work. Cheerleading is a sport!

Instructor: All Star Legacy

Location: Dance-Full

Activity #	Date	Time	Fees
120404-A	Tue: 9/16-12/2*	5-5:45pm	R: \$140 / NR: \$150
120404-B	Tue: 9/16-12/2*	6-6:45pm	R: \$140 / NR: \$150
*No class dates 11/11			

Tumbling 6 & older

An introduction to handstands, cartwheels, round offs, front and back walkovers, and beginning back and springs. Attire: gym clothing or t-shirt and shorts with sneakers. The lighter the better.

Instructor: All Star Legacy

Location: Community Room

Activity #	Date	Time	Fees
Ages 6-10			
120406-A	Wed: 9/17-12/10*	3:45-4:30pm	R: \$155 / NR: \$165
Ages 11 & up			
120406-B	Wed: 9/17-12/10*	4:30-5:15pm	R: \$155 / NR: \$165
*No class dates 11/27			

Doodlers 6-12 years

Children create their own unique masterpieces through painting, drawing and exploring creative materials. Each lesson introduces children to new techniques and artists' styles. The teacher provides guidance and inspiration. Classes help children develop both skills and confidence!

Instructor: Abakadoodle

Location: Art Room

Activity #	Date	Time	Fees
110103-A	Sat: 9/20-10/25	1-2pm	R: \$119 / NR: \$129
110103-B	Sat: 11/1-12/13*	1-2pm	R: \$119 / NR: \$129
*No class dates 12/6, 11/29			

Babysitting Fundamentals 1 8 & up

Introductory course in total child care. We will discuss psychological and physical aspects of care along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: GMHS

Activity #	Date	Time	Fees
121024-A	Sat: 9/27	9am-12pm	R: \$21 / NR: \$26
121024-B	Sat: 11/1	9am-12pm	R: \$21 / NR: \$26

Babysitting Fundamentals 2 8 & up

More advanced course in total child care. We will discuss psychological and physical aspects of care in depth along with business and other approaches. The class is tailored to meet student needs. Come join the fun. Bring your childcare concerns, issues and questions, and let's sort them out. (Bring a snack, too!)

Instructor: Karen Howenstein

Location: GMHS

Activity #	Date	Time	Fees
121025-A	Sat: 10/11	9am-12pm	R: \$21 / NR: \$26
121025-B	Sat: 11/15	9am-12pm	R: \$21 / NR: \$26

Homework Organization 8 & up

This course is for students who want to take control of their learning situation. Are you tired of being told what to do? Learn how to organize your activities and environment, so that you can be more independent. Please also bring any issues that you may have with homework or organization. We will discuss learning styles and can troubleshoot your worst problems! Bring your hardest assignments or some of disorganization!

Instructor: Karen Howenstein

Location: GMHS

Activity #	Date	Time	Fees
121026-A	Sat: 9/27	1-3pm	R: \$21 / NR: \$26
121026-B	Sat: 11/1	1-3pm	R: \$21 / NR: \$26

Outlining Outlining 8 & up

Do you have difficulty understanding the material in a very long chapter? Come find your facility and master this difficulty. Learn to manage and relate this information. Gain power over and learn to find the "shape" of the seemingly endless words in your texts. This course will help you master your studies.

Instructor: Karen Howenstein

Location: GMHS

Activity #	Date	Time	Fees
121027-A	Sat: 10/11	1-2:30pm	R: \$14 / NR: \$18

Maddy's Winter Holiday Parties

Birth-6 years

Bring your children to join "Miss Maddy" of Music Together to celebrate the season with this special Holiday-themed program. We will include all the wonderful diversity of our Holiday season. Let's have fun together this December. This music and dance class for children and their adults will include instruments, fun activities, dancing and movement, and a few surprises!! Perfect for siblings and bring the grandparents along too! NO charge for babies one year and younger. Siblings receive a \$5 discount. Maddy will be collecting toys for Toys for Tots so bring a little something along for the basket if you can!!! Any big or small toy or item is most appreciated for the children and families in our community who need a little extra boost this Holiday season. We'll jingle bell rock!!

Instructor: Maddy O'Neill-Dean

Location: Community Room

Activity #	Date	Time	Fees
130601-A	Mon: 12/8	9-9:45am	R: \$20 / NR: \$25
130601-B	Mon: 12/8	10-10:45am	R: \$20 / NR: \$25
130601-C	Mon: 12/8	11-11:45am	R: \$20 / NR: \$25
130601-D	Tue: 12/9	9-9:45am	R: \$20 / NR: \$25
130601-E	Tue: 12/9	10-10:45am	R: \$20 / NR: \$25
130601-F	Tue: 12/9	11-11:45am	R: \$20 / NR: \$25

Tiny Tunes- Winter Wonderland

Birth-17 months

Come join all the winter fun in our special one-time Winter Wonderland class! Enjoy great stories and songs in English and Spanish, finger plays using American Sign Language and movement activities. This happy celebration of winter gives new students a chance to sample our program and returning students a bridge for the gap between fall and winter sessions.

Location: Community Room

Activity #	Date	Time	Fees
Instructor: Susan Hayes			
110604-A	Wed: 12/10	11:15am-12pm	R: \$16 / NR: \$20
110604-B	Wed: 12/10	12:15-1pm	R: \$16 / NR: \$20
Instructor: Jody Katz			
110604-C	Sat: 12/13	11:30am-12:15pm	R: \$16 / NR: \$20

Classic T 'n T Winter Party

18 months-5 years

Celebrate the coming of winter - the snow and the snowmen, the sleigh bells, and all the winter fun in our special one-time Winter Wonderland class! Enjoy great stories and songs in English and Spanish, puppetry, finger plays using American Sign Language and movement activities. This class is perfect for new students who want to try the program before winter session starts in January, for our regular students who want to bridge the gap between fall and winter sessions, and for others who just want to experience an enriching (non-religious) celebration of winter!

Location: Community Room

Activity #	Date	Time	Fees
Instructor: Susan Hayes			
130602-A	Wed: 12/10	9:15-10am	R: \$16 / NR: \$20
130602-B	Wed: 12/10	10:15-11am	R: \$16 / NR: \$20
Instructor: Jody Katz			
130602-C	Sat: 12/13	9:30-10:15am	R: \$16 / NR: \$20
130602-D	Sat: 12/13	10:30-11:15am	R: \$16 / NR: \$20

Holiday Card Workshop 3-12 years

During this special workshop, children create an original design that will be reproduced for use on holiday greeting cards. Each session incorporates the child's original artwork with an Abrakadoodle 2006 design to create a unique holiday card. Workshop includes 10 greeting cards (to be received in November). Information about ordering additional cards will be available at the workshop. Children will be grouped by age and will receive 10 cards which will be shipped to your address.

Instructor: Abrakadoodle Staff

Location: Senior Center-Left

Activity #	Date	Time	Fees
130101-A	Sat: 11/8	10:30-11:30am	R: \$45 / NR: \$55

Splat Workshop 3-12 years

Drop off the kids for a creatively charged workshop with Splat, Abrakadoodle's Arty Dog. While you accomplish your holiday errands the children will design a unique holiday surprise of their own, all while learning the concepts of printing, shape discovery, and the elements of dot, line and color. Children will be grouped by age.

Instructor: Abrakadoodle Staff

Location: Art Room

Activity #	Date	Time	Fees
130102-A	Mon: 12/8	1-4pm	R: \$60 / NR: \$70
130102-B	Mon: 12/8	4:30-7:30pm	R: \$60 / NR: \$70



If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Teen Programs

TEEN PROGRAMS

Teen Center hours of operation:

Mondays – Thursday 3pm-6pm

Fridays 3 – until

The Teen Center, housed at the Falls Church Community Center, is open exclusively for teens daily from 3-6pm and during early release Wednesdays. The drop-in Teen Center features a pool table, air hockey table, ping pong table, internet access, large screen television with cable access, lounge chairs, and a stereo system with surround sound. A Play Station 2 with a variety of games is available for teen use. Every Tuesday free snacks are provided and a new release movie is shown on the big screen television. Come hang out with your friends in a fun and supervised atmosphere. For more information regarding activities, please call the Teen Center office.

Middle School Dances

So you think you can dance? The Recreation and Parks Department sponsors monthly middle school dances for 6th-8th graders to dance, socialize, and chill. Admission to the dance is \$3, and parents must sign you out at the end of the evening. Dances will be held on the following dates below.

Dates: Saturdays, September 20, October 11, November 15 and December 13

Time: 7:30-10:30pm

Fee: \$3



Midnight Madness

Where can you play cool games and tournaments, eat lots of food, watch scary movies, and hangout with friends? Only at Midnight Madness! Here's your chance to have fun and be safe. Once you enter the facility, you may not leave without a parent.

Dates: Fridays, September 26, November 7 and December 12

Time: 7pm- 12 midnight

Fee: Free

Teen Council

The Teen Council is a youth action group. Teens are responsible for co-planning programs and peer activities. This year, the Council will plan Teen Center activities, classes, educational development, tournaments, trivia games, agendas, trips, and special events.

140702-A Date: Wednesday, January 1

Time: 3:30pm

Fee: Free

Movie Wednesdays

Kick back with friends and be the first to see all the new releases. Snacks will be provided for the teens. Once a month we will be taking a trip to a movie theater to watch a new release movie.

Fee: Free



Sports Day Thursdays

Come out and test our skills at playing a different sport each week. The sports will include; basketball, soccer, flag football, dodge ball, and many other games.

Fee: Free

Club Friday Nights

It's Friday night and you and your friends are bored. What are you going to do? The community center has something for you to do. Every 2nd or 3rd Friday of the month we are going to do a fun safe activity. These activities will include either going bowling, seeing a movie, or going out to dinner. This is designed for teens ages 14-18.

Fee: Free

**All teen trips
will depart from the
Community Center
lobby.**

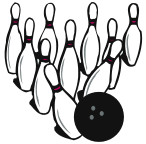
Miniature Golf

Can you out putt Tiger Woods on a real golf course? If not, then join us as we go to Jefferson Falls District Park to play miniature golf. Please bring \$5 the day of the event.



Act. No.	Ages	Date	Time	Fees
141411-A	10-14	Wed: 9/10	3:30-6:30pm	\$10

Cosmic Bowling



Cosmic bowling features late night futuristic theme of globe lights, spotlights and disco music. The latest pop culture soundtracks will be in heavy rotation. The fee includes shoe rental and games. Please bring money for food.

Act. No.	Ages	Date	Time	Fees
141417-A	10-13	Fri: 9/19	9-12am	\$13

Upton Hills

How's your golf game? Could you hit more homers than Barry Bonds. Prove your skills on the putting green at Upton Hills Park. Plus see if you hit a 90mph baseball at the batting cages at Upton Hills Park. Please bring money for food.

Act. No.	Ages	Date	Time	Fees
141458-A	10-14	Tue: 9/16	3:30-6:30pm	\$15

Hershey Park

Have you ever wondered how they make chocolate? Join us as we go to Hershey Park to learn about chocolate and ride some roller coasters. Please bring money for food and souvenirs.

Act. No.	Ages	Date	Time	Fees
141451-A	10-14	Sat: 9/27	8am-11pm	\$50



IMAX

Join a movie experience unlike no other. Watch images up to eight stories high and wrap your ears around the digital surround sound. State-of-the-art cinematography with stunning scenery lets you feel like you are really at the destination. Please bring money for snacks.

Act. No.	Ages	Date	Time	Fees
141403-A	10-14	Tue: 10/7	3:30-6:30pm	\$14

Corn Maize

Stroll through a giant corn maze and work together to find puzzle pieces that will complete your own maze map. Please bring \$5 the day of the event for admission.



Act. No.	Ages	Date	Time	Fees
141433-A	10-14	Fri: 10/10	6-10pm	\$13

Fright Fest

Fright Fest features haunted mazes, costumed ghouls, special shows, and rides. Six Flags parks will be upping the gross-out factor by offering the Wheel of Fright and Coffin of Fear. Bring Additional Money For Food And Games. One meal voucher is included in the price.

Act. No.	Ages	Date	Time	Fees
141408-A	10-14	Sat: 10/18	10am-10pm	\$45

Spy Museum 10-14 years

The Spy Museum showcases more than 200 gadgets, weapons, bugs, cameras, vehicles, and technologies used for espionage throughout the world. Learn how a spy uses all types of gadgets from invisible ink, cameras, and other stylish spy equipment. Please bring money for the metro, food, and souvenirs.

Act. No.	Ages	Date	Time	Fees
141418-A	1-14	Mon: 10/20	3-8pm	\$28

Fear Fest

Kings Dominion Fear Fest brings haunts and horrors that include Maze of Madness and Blood Shed. Other attractions will include the motion simulator ride, Elvira's Superstition. Children Should Bring Additional Money For Food And Games. No Food Or Drinks Are Allowed In Kings Dominion.

Act. No.	Ages	Date	Time	Fees
141404-A	10-14	Sat: 10/25	10am-10pm	\$40

Leesburg Ghost & Graveyard Tour



Join the walking tour of the 220 year old Historic District. The tour deals with sites, case studies, equipment and techniques used to conduct research of the world of paranormal and the

people who witness it. Please bring money for food.

Act. No.	Ages	Date	Time	Fees
141422-B	10-14	Fri: 10/31	5:30-10pm	\$14

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Teen and High School Activities

Paintball

Ready, Aim, Fire! Take aim at your friends at one at a top rated paintball resort in the area. Come out and enjoy a day of playing paintball. Please bring \$5 for lunch and money for extra paintballs.

Act. No.	Ages	Date	Time	Fees
141488-B	10-14	Mon: 11/3	9am-7pm	\$60

Ultra Zone

ULTRAZONE is the ultimate high tech adventure, where cutting edge computer technology combines with action-oriented team play to create an exciting, heart-racing experience. Please bring spending money and \$11 for unlimited play.

Act. No.	Ages	Date	Time	Fees
141419-B	10-14	Thu: 11/13	3:30-7pm	\$10

Sport Rock

Ever wanted to be a rock climber when you are younger? Well test your skill at climbing a rock wall. If you do not already know how to rock climb, then the people at Sportrock can teach you. In order to climb, you must dress in sturdy, loose fitting clothes and wear sneakers. Waivers are required.



Act. No.	Ages	Date	Time	Fees
141421-A	10-14	Tue: 11/18	3-7pm	\$40

ESPN Zone

Do you like sports? Do you like food? Do you like video games? Come with us to the ESPN Zone where you watch sports, get some great food, and play cool sports games. Please bring money for metro, games, and food!

Act. No.	Ages	Date	Time	Fees
141413-A	10-14	Thu: 11/20	3-7pm	\$20

Ice Skating

Have you ever wanted to be on the same ice as Alex Ovechkin or Nicolas Backstrom? Here's your chance. Join us we go to the Ketter Capital Iceplex for ice skating. Please bring money for food.



Act. No.	Ages	Date	Time	Fees
141401-B	10-14	Tue: 12/2	3:30-7:30pm	\$10

Bowling

Cosmic bowling features late night futuristic theme of globe lights, spotlights and disco music. The latest pop culture soundtracks will be in heavy rotation. The fee includes shoe rental and games. Please bring money for food.

Act. No.	Ages	Date	Time	Fees
141417-B	10-14 years	Fri: 12/5	9-12am	\$13

Dave and Busters

Remember going to Chuck E Cheese as a child, eating pizza and playing video games. Sorry, we are not going to Chuck E Cheese; instead we are going to Dave and Busters. Dave and Busters is the place to go to play the latest games and eat great food. Please bring money for games.

Act. No.	Ages	Date	Time	Fees
141439-A	10-14	Thu: 12/11	3-8pm	\$15

Washington Wizards Game

Verizon Center is calling all Wizards fans! Come see Gilbert Arenas and his phenomenal swag take on other NBA Superstars. Please bring money for the metro and snacks.

Act. No.	Ages	Date	Time	Fees
141455-B	10-14	TBD	TBD	TBD

HIGH SCHOOL ACTIVITIES

Miniature Golf

Can you out putt Tiger Woods on a real golf course? If not, then join us as we go to Jefferson Falls District Park to play miniature golf. Please bring \$5 the day of the event.

Act. No.	Ages	Date	Time	Fees
141411-B	14-18	Thu: 9/18	3:30-6:30pm	\$10

Washington Nationals Baseball Game



Take me out to the ball game, Take me out with the crowd; Buy me some peanuts and Cracker Jack; I don't care if I never get back. Let me root, root, root for the home team, If they don't win, it's a shame. For it's one, two, three strikes, you're out, at the old ball game. Come

and join us as we check out the new Nationals Park and 2008 Washington Nationals. Please bring money for the metro, food and souvenirs.

Act. No.	Age	Date	Time	Fees
141432-A	14-18 years	Tue: 9/23	5-11pm	\$45

Hershey Park

Have you ever wondered how they make chocolate? Join us as we go to Hershey Park to learn about chocolate and ride some roller coasters. Please bring money for food and souvenirs.

Act. No.	Age	Date	Time	Fees
141451-B	14-18 years	Sat: 9/27	8am-11pm	\$50

DC United Game



Do you like soccer? Wish you could play Freddy Adu? Join us as we watch DC United game play against other MLS All stars. Please bring money for the metro, food, and souvenirs.

Act. No.	Age	Date	Time	Fees
141483-A	14-18 years	Sat: 10/4	6-10pm	\$30

Hogback Mountain Paintball

Ready, Aim, Fire! Take aim at your friends at one of a top rated paintball resort in the area. Come out and enjoy a day of playing paintball. Please bring \$5 for lunch and money for extra paintballs.

Act. No.	Age	Date	Time	Fees
141488-A	14-18 years	Mon: 10/13	9am-7pm	\$60

Fright Fest

Fright Fest features haunted mazes, costumed ghouls, special shows, and rides.

Six Flags parks will be upping the gross-out factor by offering the Wheel of Fright and Coffin of Fear. Bring Additional Money For Food And Games. One meal voucher is included in the price.



Act. No.	Age	Date	Time	Fees
141408-B	14-18 years	Sat: 10/18	10am-10pm	\$45

Fear Fest

Kings Dominion Fear Fest brings haunts and horrors that include Maze of Madness and Blood Shed. Other attractions will include the motion simulator ride, Elvira's Superstition. Children Should Bring Additional Money For Food And Games. No Food Or Drinks Are Allowed In Kings Dominion.

Act. No.	Age	Date	Time	Fees
141404-B	14-18 years	Sat: 10/25	10am-10pm	\$40

ESPN Zone

Do you like sports? Do you like food? Do you like video games? Come with us to the ESPN Zone where you watch sports, get some great food, and play cool sports games. Please bring money for metro, games, and food!

Act. No.	Age	Date	Time	Fees
141413-B	14-18 years	Mon: 11/24	3-8pm	\$20

All teen trips
will depart from the
Community Center
lobby.



Ketter Capitals Iceplex Ice Skating

Have you ever wanted to be on the same ice as Alex Ovechkin or Nicolas Backstrom? Here's your chance. Join us we go to the Ketter Capital Iceplex for ice skating. Please bring money for food.

Act. No.	Age	Date	Time	Fees
141401-A	14-18 years	Mon: 11/17	4-8pm	\$10

Washington Capitals Game

Ever wanted to see the great Alexander Ovechkin play hockey? Here is your opportunity to see him and his fellow Washington Capitals live as they take on other stars from the NHL. Please bring money for the metro and snacks.



Act. No.	Age	Date	Time	Fees
141457-B	14-18 years	TBD	TBD	TBD

Smithsonian Ice Skating

Enjoy the crisp cool winter air and the ambiance of the city while skating on one of Washington, DC's outdoor ice skating rinks. Please bring money for the metro and for food.

Act. No.	Age	Date	Time	Fees
141459-A	14-18 years	Tue: 12/9	4-8pm	\$16

Dave and Busters

Remember going to Chuck E Cheese as a child, eating pizza and playing video games. Sorry, we are not going to Chuck E Cheese; instead we are going to Dave and Busters. Dave and Busters is the place to go to play the latest games and eat great food. Please bring money for games.

Act. No.	Age	Date	Time	Fees
141439-B	14-18 years	Wed: 12/17	3-8pm	\$15

Washington Wizards Game

Verizon Center is calling all Wizards fans! Come see Gilbert Arenas and his phenomenal swag take on other NBA Superstars. Please bring money for the metro and snacks.

Act. No.	Age	Date	Time	Fees
141455-A	14-18 years	TBD	TBD	TBD



If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Youth Sport Classes

Learning Karate 9 & up

Beginning Karate is an introductory class for people of all ages interested in learning martial arts. The beginner class covers basic blocks, kicks, punches, self-defense techniques, and forms (katas) that are common to many martial arts. The physical requirements are tailored to the students' capabilities. Beginning students do not participate in any sparring (fighting). The Intermediate/Advanced class is intended for students with experience in martial arts and will include practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement to senior belt levels. Classes will also include sparring as part of the training. Students are required to have significant experience before participating in sparring to ensure everyone's safety. Continuing students are expected to have uniforms. For additional information, please visit www.StratfordKarate.org.

Instructor: Bill Kennedy

Location: Dance-Left

Activity #	Date	Time	Fees
BEG KARATE			
120502-A	Mon: 9/15-12/8*	7-8pm	R: \$84 / NR: \$94
INT. KARATE			
120502-B	Mon: 9/15-12/8*	8:15-9:15pm	R: \$84 / NR: \$94

*No class dates 10/13



Adv. Karate 9 & up

This class is for senior students of martial arts. We practice blocks, kicks, punches, self-defense techniques, and forms (katas) for advancement. Continuing students are expected to have uniforms and hand and feet protection. Classes include sparring as part of the training but before participating in sparring as part of the training, students are required to have enough experience to ensure everyone's safety. Additional information is available on the Internet at www.StratfordKarate.org

Instructor: Richard Hathaway

Location: Dance-Left

Activity #	Date	Time	Fees
Advanced Karate			
150502-A	Thu: 9/18-12/11*	7-8pm	R: \$84 / NR: \$94
Black Belt Karate			
150502-B	Thu: 9/18-12/11*	8:15-9:15pm	R: \$84 / NR: \$94

*No class dates 11/27

Beg. Olympic Sport Fencing 6 and up



Fencing is an Olympic sport that is beneficial for students of all athletic abilities. Often called the physical game of chess, it improves coordination, balance, grace, and reflexes. This course primarily utilizes the foil, a light thrusting sword, but also introduces the sabre (the modern equivalent of the cavalry sword) and the epee (the modern equivalent of the rapier). This course has been designed by a Russian national champion and Professor of Fencing at American and George Mason Universities. A registration form will need to be completed and an equipment rental fee of \$29 is payable on the first day of class.

Instructor: Staff

Location: VA Fencing Academy

Activity #	Date	Time	Fees
Ages 6-8			
120501-A	Sun: 9/21-10/26	9:15-10am	R: \$85 / NR: \$95
120501-B	Tue: 9/23-10/28	5:15-6pm	R: \$85 / NR: \$95
120501-C	Thu: 9/25-10/30	10:15-11am	R: \$85 / NR: \$95
Ages 9-13			
120501-D	Sat: 9/20-10/25	10-11am	R: \$85 / NR: \$95
120501-E	Sun: 9/21-10/26	10-11am	R: \$85 / NR: \$95
120501-F	Mon: 9/22-10/27	7-8pm	R: \$85 / NR: \$95
120501-G	Tue: 9/23-10/28	6-7pm	R: \$85 / NR: \$95
120501-H	Thu: 9/25-10/30	11am-12pm	R: \$85 / NR: \$95
120501-I	Thu: 9/25-10/30	7-8pm	R: \$85 / NR: \$95
Ages 14 and up			
120501-J	Sat: 9/20-10/25	12-1pm	R: \$85 / NR: \$95
120501-K	Sun: 9/21-10/26	11am-12pm	R: \$85 / NR: \$95
120501-L	Mon: 9/22-10/27	8-9pm	R: \$85 / NR: \$95
120501-M	Tue: 9/23-10/28	7-8pm	R: \$85 / NR: \$95
120501-N	Thu/Sun: 9/25-10/30	12-1pm	R: \$85 / NR: \$95
120501-O	Thu: 9/25-10/30	8-9pm	R: \$85 / NR: \$95

Historical Swordsmanship 9 and up



Based on Medieval and Renaissance techniques, the swordfighting disciplines that will be explored are the rapier (the traditional dueling weapon) and the two-handed sword (the knightly European Medieval sword). Practice swords used in class are the shinai (made of bamboo) and the foil. A registration form will need to be completed and an equipment rental fee of \$29 is payable on the first day of class.

Instructor: Staff

Location: VA Fencing Academy

Activity #	Date	Time	Fees
Ages 9-13			
120504-A	Mon: 9/22-10/27	6-7pm	R: \$85 / NR: \$95
120504-B	Tue: 9/23-10/28	11am-12pm	R: \$85 / NR: \$95
Ages 14 and up			
120504-C	Sat: 9/20-10/25	1-2pm	R: \$85 / NR: \$95
120504-D	Tue: 9/23-10/28	12-1pm	R: \$85 / NR: \$95
120504-E	Tue: 9/23-10/28	8-9pm	R: \$85 / NR: \$95

Fall Soccer Ages 5-14

Registration: July 21-August 17 (Late fees start August 18)
Teams will be formed by age groups and will participate in the Arlington Soccer Association. Practices and games will be held at nearby fields: times vary by team. Volunteer coaches are needed! Call **703-248-5077** for registration, fees and league rule information.



1st Touch Soccer Clinic Ages 3-4

Registration: July 21 until clinic is filled.

First Touch is a program designed to develop your young players love and interest in soccer by providing the



FUN-damental skills and techniques needed. A six session course open to boys and girls age 3 to 4. Each hour long session focuses on a different skill of the game. Footwork, dribbling, passing, shooting, 1st touch, juggling are followed with live games to finish each day.

631104-A: 3 yr olds - 9am

631104-B: 4 yr olds - 10am

NFL Youth Flag Football Grades 2-7

Registration: July 7-August 17

Falls Church Rec & Parks will be hosting an NFL Youth Flag Football League in the Fall. This program will be a non-contact 5-on-5 league that focuses on teaching the fundamentals of football in a fun, competitive, and safe environment. League will run on Saturday evenings at George Mason High School. Volunteer coaches are still needed. Please contact Chris Madison for more details at **703-248-5077**.

600001-A: Grades 2-4

600001-B: Grades 5-7

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Falls Church Recreation and Parks

Little League

Falls Church Kiwanis Little League (FCKLL) offers boys and girls ages 5-12 an opportunity to learn the game of baseball, understand the value of teamwork and experience what good sportsmanship is all about. Registration for the 2008 fall season is now open. Fall ball puts extra emphasis on player development and players often "play up" a level to sample what next year's spring season will bring. Practices will begin the end of August and the season runs through October.



Register online at www.FCKLL.org or call Falls Church Kiwanis Little League at **703-893-4619**.

NFL Youth Football Pepsi Punt, Pass, & Kick Ages 8-15 as of December 31, 2008

What is Punt, Pass, & Kick? It is an opportunity for boys and girls ages 8-15 to compete separately against their peers in a fun environment. The kids will compete in three activities (punting, passing, and place kicking). The competition is free and a great opportunity to come out and compete with your friends.

Date: September 28

Time: 1pm

Location: George Mason High School Stadium Field.

House League Basketball Ages 3-17

Registration: October 6-26

Registration for boys and girls house basketball league teams and clinics runs from October 6th through October 26th.

Teams will be formed by age groups and drafted into teams and will participate in our winter house league. Practices and games will be in area gyms; practices and game times vary by teams and are subject to coaches' availability. Volunteer coaches and paid referees are needed. Call **703-248-5077** for more information. We will also have basketball clinics for boys and girls ages 3-6 offered.

Select League Basketball

Age Groups - Boys/Girls 10&under, 11&under, 12&under 13&under

Registration: Players will register once accepted to a team. For those interested in a more competitive and challenging basketball environment, Falls Church Rec & Parks will sponsor several teams in the FCYBL Select Basketball League. All players will be required to tryout and be selected to the age appropriate team. Tryouts will start the week of October 1st. Contact Chris Madison at **703-248-5077**, for further information.

Tots, Kids, and Youth Tennis

Whatever your level of play, you are just a few hours of FirstServe Tennis instruction away from a lifelong love of tennis! Join FirstServe Tennis Academy on court for first-rate instructional programs for players of all abilities **ages 4-adult!** Gregg Deinhart and Stephan Schlagenhauff are USPTA and Easitennis certified instructors who lead a talented staff teaching tennis in a **friendly, fun and supportive environment**. By keeping **class size small**, students benefit from **individual attention** that leads to quick results. Lesson ratios for tots and adults are 4:1; and 6:1 for juniors. **Lessons By Appointment** are also available so you can set up a lesson plan that fits in your schedule. Students should bring water to every session! Tennis rackets are required!

Contact FirstServe Tennis Academy for program, racket and equipment recommendations. Call **703-868-8172** or visit **www.tenniseveryone.net** for more information.

TENNIS LESSONS by APPOINTMENT:

March 1 – November 1; Ages 4 through Adult

Contact FirstServe Tennis Academy (FSTA) directly to set up time and dates for individual, semi-private and private group lessons. Call **703-868-8172** or visit **www.tenniseveryone.net** for more information, including program and racket recommendations.

April 1- November 1:

Private (one student): \$55/hr

(Contact FSTA for Season Pass Discounts)

Semi-Private (two students): \$35/hr/student

(Contact FSTA for Season Pass Discounts)

Small Group (3 students): \$30/hr/student

(Contact FSTA for Season Pass Discounts)

Small Group (4 students): \$25/hr/student

(Contact FSTA for Season Pass Discounts)

Large Groups/Special Events/Birthday Parties, etc.

(Contact FSTA)

30-minute prorated lessons are available for ages 4-6

*Please note our cancellation policy: Cancellations within 24 hours of the scheduled lesson time will be charged 100% of the lesson tuition.

Intro to Tennis 4-6 years

An introduction through fun games and activities designed to build eye-hand coordination and familiarity with the tennis ball and racket. A tennis racket is required. Ratio 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Little Shots			
120901-A	Wed: 9/3-10/15*	1:45-2:30pm	R: \$126 / NR: \$136
*No class dates 10/31			

Tennis1: Fundamentals 6-13 years

Through fun skill-building games beginners and advanced beginners learn and develop the fundamental strokes. Students are encouraged to repeat this class until they can consistently put the ball in play. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Ages 6-8			
120902-A	Wed: 9/3-10/15	2:30-3:30pm	R: \$126 / NR: \$136
Ages 8-10			
120902-B	Wed: 9/3-10/15	3:30-4:30pm	R: \$126 / NR: \$136
Ages 10-13			
120902-C	Wed: 9/3-10/15	4:30-5:30pm	R: \$126 / NR: \$136

Tennis 2: Rally, Serve & Score 7-13 years

The program is designed to help younger players along the path to high school tennis through match-based games and drilling. Prerequisite: Tennis I and coach's recommendation. Contact FSTA if you have commensurate experience. Ratio 6:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
Ages 7-10			
120905-A	Wed: 9/3-10/15	5:30-6:45pm	R: \$158 / NR: \$168
Ages 11-13			
120905-B	Wed: 9/3-10/15	6:45-8pm	R: \$158 / NR: \$168

Tennis 3- Match & Play Drill 7-12 years

Each session balances drill work with match play in the format of a high school tennis practice. The program is designed to develop all the skills required of a high school tennis player. All players will participate in weekly matches. Ratio 8:1.

Instructor: First Serve Tennis

Location: GMHS

Activity #	Date	Time	Fees
Ages 7-10			
130901-A	Thu: 9/4-10/16	4-5:30pm	R: \$158 / NR: \$168
Ages 11-13			
130901-B	Thu: 9/4-10/16	5:30-7pm	R: \$158 / NR: \$168

Rain make-up dates: Wednesday programs 10/22 and 10/29; Thursday programs 10/23 and 10/30; Saturday programs 11/1.



Adult Tennis and Adult Sports

Tennis 3- Match & Play Drill 11-18 years

Each session balances drill work with match play in the format of a high school tennis practice. The program is designed to develop all the skills required of a high school tennis player. All players will participate in weekly matches. Ratio 8:1.

Instructor: First Serve Tennis

Location: GMHS

Activity #	Date	Time	Fees
Ages 11-13			
140901-A	Sat: 9/6-10/25*	9:30-11am	R: \$136 / NR: \$146
Ages 14-18			
140901-B	Sat: 9/6-10/25*	11am-12:30pm	R: \$136 / NR: \$146

*No class dates 9/13

ADULT TENNIS

Tennis 1- Adult Beginner 18 & up

Players new to the game learn the fundamental strokes: forehand, backhand, volleys, and serve. Students are encouraged to repeat this class until they can consistently put the ball in play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
AM Beginner			
150901-A	Wed: 9/3-10/15	9:30-10:45am	R: \$175 / NR: \$185
PM Beginner			
150901-B	Wed: 9/3-10/15	8-9:15pm	R: \$175 / NR: \$185

Tennis 2- Match & Play Drill 18 & up

Players with limited on-court experience refine stroke production and learn how to play doubles! After a brief warm-up, players drill important elements of the game. Players are then separated into doubles matches and your coach offers helpful tips on positioning, tactics and strategy. For players who have completed Tennis I with coach's recommendation. Player-Coach ratio is 8:1.

Instructor: First Serve Tennis

Activity #	Date	Time	Fees
Location: Cavalier Trail Park			
150902-A	Wed: 9/3-10/15	10:45am-12:15pm	R: \$158 / NR: \$168
Location: GMHS			
150902-B	Thu: 9/4-10/16	7-8:30pm	R: \$158 / NR: \$168

Tennis 3- Intermediate/Adv. 18 & up

Techniques for improved shot making, tactics and strategy-based drilling combine with match play. Player-Coach ratio is 4:1.

Instructor: First Serve Tennis

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
150903-A	Thu: 9/4-10/16	8:30-10pm	R: \$210 / NR: \$220

ADULT SPORTS

Fall Volleyball

Registration: July 21-August 17. Various levels of competition are offered. Call **703-248-5077** for registration form, fees and league rule information.

Fall Adult Basketball

Registration: July 21-August 17. Various levels of competition are offered. Call **703-248-5077** for registration form, fees and league rule information.

Fall Adult Soccer

Registration: Fall Adult Soccer July 16-August 12

League will play on Sunday evenings starting in September.

Contact Chris Madison at **703-248-5077** for further details.

Games start the weekend of August 24.

City Tennis Tournament

Calling all city residents and employees! Come test your tennis skills in the 2008 Falls Church City Tennis Tournament.

Registration is going on now through September 12.

Tournament runs September 15-October 21. Players schedule their own matches within a specified amount of time.

Additional information is available by calling **703-248-5077**.

Winter Adult Basketball

Registration: October 6 - November 16. Various levels of competition are offered and play begins in January. Games are primarily on Sundays with some weeknight games. Registration is on a team-basis only and team members must be 18 years or older. Call **703-248-5077** for registration form, fees and league rule information.

**See Karate and Fencing Classes
on page 20**

Open to Adults!



Adult Fitness Classes

Class Cards!

Can't commit to an entire session of step aerobics? Want to take a variety of classes, but not sure which ones? The Falls Church Class Card is for you! The card entitles you to take the following classes: Step Aerobics, Body Toning, Noon Workout & Kickboxing. Simply attend the class of your choice and get your card initialed by the instructor. The card is good for 10 individual classes. Students are permitted to buy multiple cards.

Fees: R: \$70 / NR: \$80 / Senior Residents: \$35

Kick Boxing Aerobics 14 & up

Kick and punch out your stress through an aerobic workout. Class includes warm-up, calisthenics and skill development: kicks, punches, jabs, hooks, uppercuts and combinations. Wrist wraps will be provided.

Instructor: Pam Doran

Location: MEHMS HUSKY GYM

Activity #	Date	Time	Fees
150417-A	Tue: 9/16-12/10*	7:30-8:30pm	R: \$77 / NR: \$87
*No class dates 11/11, 11/25			

Step Aerobics 14 & up

Class features warm-up, cardiovascular workout using the platform steps, muscle conditioning, flexibility stretches and a cool-down.

Instructor: Pam Doran

Activity #	Date	Time	Fees
Step Aerobics			
Location: MEHMS HUSKY GYM			
150404-A	Mon/Wed: 9/15-12/10*	6:30-7:30pm	R: \$161 / NR: \$171
Rise and Shine Step			
Location: Dance-Full			
150404-B	Sat: 9/20-12/13*	9-10am	R: \$77 / NR: \$87
*No class dates 10/13, 11/26, 11/29, 12/6			

Body Toning 18 & up

This 60 minute class starts with a low-impact warm-up, followed by light weights and resistance work to sculpt and tone all body parts, both upper and lower. This workout also includes abs and back exercises to balance out the body and increase torso strength. A final stretch, cool down and relaxation conclude the workout.

Instructor: Eileen Cutrona

Location: MEHMS HUSKY GYM

Activity #	Date	Time	Fees
150405-A	Tue/Thu: 9/16-12/11*	6:30-7:30pm	R: \$168 / NR: \$178
*No class dates 11/11, 11/27			

Noon Workout 18 & up

Get a great lunchtime workout. Class incorporates a variety of aerobic and strength training activities including weights, floor exercises, steps and kickboxing techniques.

Instructor: Pam Doran

Location: Community Center Gym

Activity #	Date	Time	Fees
150407-A	Tue/Thu: 9/16-12/18*	12:10-1pm	R: \$175 / NR: \$185
*No class dates 11/11, 11/25, 11/27			



Jazzercise Ages 14 and older

The original dance exercise phenomenon! Each workout blends dance and muscle toning movements choreographed to today's hottest music. Instructors make the routines fun and easy-to-follow. Every class includes a warm up, aerobic workout, muscle toning and strengthening segment, and a stretch finale. Students will need to purchase a mat and hand weights. Many options available, including daily and monthly cards. Personal Training sessions also available. Small group training sessions are held on Tuesdays and Thursdays at 7pm. Register before classes at the Jazzercise desk at the Falls Church Community Center.

Instructor: Jazzercise

Location: Senior Center

Class Dates: Mondays-Thursdays

Time: Mondays – Thursdays 6-7pm

Fees: Prices vary depending on pass

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Zumba Latin Aerobics 18 & up

Zumba (pronounced as zoomba) is a unique and exciting high energy aerobics class that incorporates mainly Latin movements and rhythms as well as a diversified mix of worldly exotic flavors. This includes, but not limited to, dances such as Salsa, Merengue, Bachata, Tango, Cha Cha and even Reggaeton! The routines feature aerobic interval training with a combination of fast and slow rhythms that tone and sculpt the body. It targets areas such as gluteus, legs, arms, abdominals and most importantly, the heart! The dance steps are easy to follow and students can adjust their aerobic level by either increasing or decreasing their pace and amount of movements. No experience is necessary to enjoy Zumba.

Instructor: Dream In Color

Location: MEHMS HUSKY GYM

Activity #	Date	Time	Fees
150415-A	Thu: 9/18-12/11*	7:30-8:30pm	R: \$90 / NR: \$100
150415-B	Thu: 9/18-12/11*	8:30-9:30pm	R: \$90 / NR: \$100

*No class dates 11/27

Belly Dancing 18 & up

Students will learn new movements each class, building coordination, grade, strength, and flexibility. Come discover the joy of this organic dance form and celebrate movement through an ancient, life-embracing art! Learn and practice basic techniques including proper stance and posture, arm carriage and patterns, fundamental shimmies, isolations, introductory undulations, and traveling steps. Choreography will be taught to incorporate new movements.

Instructor: Dream In Color

Location: Dance-Left

Activity #	Date	Time	Fees
150204-A	Wed: 9/17-12/10*	7:30-8:30pm	R: \$90 / NR: \$100

*No class dates 11/26

Pilates with Props 18 & up

Pilates with Props employs small apparatus including resistance rings, flex bands, sponge-balls and weighted bars to extend the range of intensity of Pilates mat exercises. The latter weeks of class add an element of balance work through use of the Swiss ball. (Material fee in class to purchase a burst-resistant, 55-cm ball from instructor or bring your own.)

Instructor: Bodymoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
150409-A	Tue: 9/16-11/18*	7-7:55pm	R: \$99 / NR: \$109

*No class dates 11/11

Gentle Yoga 18 & up

Through a series of traditional and modified yoga postures and breathing techniques, this accessible class is designed to enhance flexibility, balance and functional strength using attainable poses at a beginner level, while stimulating the mind, body and spirit. Reduce your stress level with this excellent complement to any fitness program. No previous yoga experience necessary; all levels welcome. Mats are available.

Instructor: Bodymoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
150402-A	Thu: 9/18-11/20*	9:30-10:25am	R: \$90 / NR: \$100

*No class dates 10/2

Yoga for Fitness 18 & up

This class introduces participants to fundamentals of yoga practice—including asanas (poses), breathing techniques, and body awareness—and is presented in a dynamic workout that includes stretching, strength-building, and complete relaxation. Participants work to safely and gently increase or restore flexibility and range of motion, build stamina, and improve coordination and balance. No previous yoga experience necessary; all levels welcome. Mats available.

Instructor: Bodymoves Fitness, LLC

Location: Community Room

Activity #	Date	Time	Fees
150410-A	Tue: 9/16-11/18*	8-8:55pm	R: \$99 / NR: \$109
150410-B	Mon: 9/15-11/17*	12:15-1:30pm	R: \$90 / NR: \$100

*No class dates 11/11, 10/13



Yoga for EveryBody 18 & up

Feeling stressed? Learn to breath, stretch and relax. This gentle traditional approach to yoga is guaranteed to reduce stress while increasing your strength, flexibility and stamina. You can improve your health and well being through yoga postures, breath techniques and deep relaxation. Regular practice of yoga brings balance to the body, mind and soul. Class is suitable for all levels and abilities.

Instructor: Sharon A. "SAM" Meehan

Location: Community Room

Activity #	Date	Time	Fees
150411-A	Thu: 9/18-10/23*	7:15-8:45pm	R: \$60 / NR: \$70
150411-B	Thu: 10/30-12/11*	7:15-8:45pm	R: \$60 / NR: \$70

*No class dates 11/27

Adult Fitness Classes

Sr. Wellness Training 50 & up

Senior Wellness Training addresses all areas of fitness and maintaining good health that seniors encounter today. Classes focus on building aerobic endurance, building muscle, strengthening abs and lower back, increasing flexibility, improving balance, coordination, mobility as well as building bone density. Our primary goal is to improve all aspects of daily living through low impact exercise.

Instructor: Fitness Solutions

Location: Gym-Full

Activity #	Date	Time	Fees
Sr. Wellness Training			
160403-A	Mon/Wed: 9/15-12/10*	9:30-10:30am	R: \$149 / NR: \$159
Mondays Only			
160403-B	Mon: 9/15-12/8*	9:30-10:30am	R: \$75 / NR: \$85
Wednesdays Only			
160403-C	Wed: 9/17-12/10*	9:30-10:30am	R: \$75 / NR: \$85

*No class dates 10/13, 11/26

Feel Better All Over with Yoga 18 & up

Each week we'll address a different area of the body, including back, neck, shoulders, hips, knees and feet, using specific gentle yoga poses to promote circulation, stretching and oxygenation to muscles and joints. We'll strengthen the body's core, arms, and legs, and relax muscles of the face. We'll lower the heart rate with breath focus and support the digestive system using rotational asanas. Take advantage of this opportunity to rejuvenate and reconnect to the body. No previous yoga experience necessary; all levels welcome. Mats are available.

Instructor: Bodymoves Fitness

Location: Community Room

Activity #	Date	Time	Fees
150412-A	Fri: 9/19-11/21*	12:15-1:15pm	R: \$90 / NR: \$100

*No class dates 9/26

Self-Defense for Women 13 & up

This is a hands-on self-defense class tailored for women of any size or strength, and emphasizes practicality, simplicity and effectiveness. Develop confidence and forcefulness in your own defense while on the street or away at college. Have fun while learning and practicing a wide variety of practical techniques in realistic threat situations. You'll learn to escape from and defend against the full spectrum of physical threats, from unwanted touching to full-contact sexual assault, up to your comfort level, and to tailor your response to the situation. The class is led by a Black Belt martial arts instructor experienced in teaching self-defense to women. Wear gym clothes or something comfortable, and be ready to have fun and get physical!

Instructor: Tom Mulczynski

Location: Art Room

Activity #	Date	Time	Fees
150413-A	Thu: 9/18-11/20	7-8pm	R: \$63 / NR: \$73

Small Group Personal Training 16 & up

Are you looking for a FUN way to get into better shape and enjoy the company of others trying to do the same thing? This laid-back boot camp style class will include total body resistance training, cardiovascular improvement, balance and flexibility training and weight management tips. All this will be done while focusing on the body's core and helping students develop a better understanding of proper exercise techniques and ways to live a healthier life. This one hour class is designed with all fitness levels in mind. Men and women of all ages and ability levels are welcome! You are urged to go at your own pace and have FUN while performing the exercises. All required equipment will be provided. Please wear comfortable clothing, sneakers, and bring a water bottle.

Instructor: Capitol Fitness

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
150414-A	Tue/Thu: 9/23-10/30	6:30-7:30am	R: \$168 / NR: \$178
150414-B	Tue/Thu: 9/23-10/30	12-1pm	R: \$168 / NR: \$178

Fit 4 Moms

Fit 4 Moms, LLC is a total fitness program for moms; with the added benefit of offering your child a playgroup. This program will energize and motivate you! Exercises include Jogging, Power Movement and intervals of body toning using resistance bands, light weights, medicine balls, Bosu Ball and the environment. Each class is tailored to the needs and interests of the group participants. Moms! Register your preschooler for MiniTravelers while you workout! It is a win-win for you and your child. To register, please contact Sheila Cordaro at sheila@fit4moms.com

Visit our website at www.fit4moms.com

Date: November 3 -December 31, 2008

Monday: 9:45am	Core Conditioning / Cardio /Strength Training
Tuesday: 9:45am	Core / Abs/ Stretch
Wednesday: 8am and 9:45am	Core Conditioning / Cardio /Strength Training
Thursday: 8am and 9:45am	Full Body Strength Training
Friday: 8am and 9:45am	Core Conditioning / Cardio /Strength Training



Dog Obedience - Level 1

Ages of Dogs: 4 months and up.

Ages of People: 9 years old and up.

LEVEL 1 is designed to establish understanding, joy and a fun relationship between you and your dog. Class includes obedience, home management, discipline and problem solving. The method employed uses affection and restraint. Check with the instructor before purchasing any new collar or leash to ensure a proper fit. Dog fear or aggression of any kind is not allowed in the class. Parents of children under the age of 16 taking the class, must get permission from the instructor before registering by calling 703-698-0203. ALL STUDENTS MUST BRING CURRENT SHOT RECORDS TO THE FIRST CLASS.

Instructor: Janice Morton

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
150701-A	Thu: 9/11-10/30	6:30-7:30pm	R: \$56 / NR: \$66



Dog Obedience - Level 2, 3 & 4

Ages of Dogs: 6 months and up.

Ages of People: 9 years and up.

This class is designed to work on off leash obedience commands and a better understanding and relationship between you and your dog. Dogs must not display fear or aggression of any kind and must have completed a Level one class. Dogs must be at least 6 months old. Parents of children under the age of 16 taking the class must get permission from the Instructor before registering by calling 703-698-0203. All students must bring current shot records to the first class.

Instructor: Janice Morton

Location: Cavalier Trail Park

Activity #	Date	Time	Fees
150702-A	Thu: 9/11-10/30	7:30-8:30pm	R: \$56 / NR: \$66

Early Childhood Parenting Workshop 18 & up

Here's the parenting workshop you've been looking for! This Early Childhood Parenting Workshop offers parents practical and effective ways to relate to their children. This program gives parents information and skills they can use immediately. This 3 hour workshop will concentrate on discipline techniques centered on YOUR child's specific emotional and behavioral issues. Bring your most pressing concern or question to this workshop. Sibling problems? Whining? Power struggles? Food issues? Toileting issues? Angry children? Feeling overwhelmed? We'll discuss it all. Workshops are not sequential- come to one, come to three- whatever you need! Early Childhood STEP Parenting Book available for purchase at \$15 paid to instructor. For further information contact maddy505@aol.com

Instructor: Maddy O'Neill-Dean

Location: Preschool Room

Activity #	Date	Time	Fees
151003-A	Sat: 9/20	9:30am-12:30pm	R: \$50 / NR: \$60
151003-B	Sat: 10/11	9:30am-12:30pm	R: \$50 / NR: \$60
151003-C	Sat: 11/15	9:30am-12:30pm	R: \$50 / NR: \$60
151003-D	Sat: 12/13	9:30am-12:30pm	R: \$50 / NR: \$60

ADULT ESOL CLASSES

Are you interested in learning English? Falls Church City Public Schools offers morning and evening Adult ESOL classes for students at all levels of English proficiency. The classes meet on Mondays and Wednesdays and the cost is \$40 per student to cover the cost of materials. Register September 2-23, 2008 at 803 W. Broad Street, Suite 320. For additional information, please call 703-248-5616.

Morning Class

Instructor: Falls Church City Public Schools Staff

Location: Mary Riley Styles Library Conference Room

Class Dates: Mondays and Wednesdays,
September 15-December 10
(No classes October 13 and November 26)

Time: 10am-12 noon

Fee: \$40

Evening Class

Instructor: Falls Church City Public Schools Staff

Location: George Mason High School

Class Dates: Mondays and Wednesdays,
September 15-December 10
(No classes October 13 and November 26)

Time: 7-9pm

Fee: \$40

Adult Classes

Knitting 12 & up

This class is designed for first-time knitters. Students will be taught the basics of knitting and pattern reading. Participants will knit a scarf and a hat! Join the fun! This class is appropriate for ages 12 and up. Supply fee of \$30 is payable to the instructor at the beginning of class.



Instructor: Lynn Hoffman

Location: Teen Center

Activity #	Date	Time	Fees
Beginning Knitting			
150610-A	Sat: 9/20-10/11	9-11am	R: \$56 / NR: \$66
Knitting Workshop			
150610-B	Sat: 9/20	12-2pm	R: \$14 / NR: \$18
150610-C	Sat: 9/27	12-2pm	R: \$14 / NR: \$18
150610-D	Sat: 10/4	12-2pm	R: \$14 / NR: \$18
150610-E	Sat: 10/11	12-2pm	R: \$14 / NR: \$18



Oil/Acrylic Painting 18 & up

Mixing colors, pallet knife & brush technique will be taught with emphasis on painting for enjoyment. Students must purchase own supplies; a supply list is available upon registration.

Beginning through intermediate students are welcome!

Instructor: M. Lou Jones

Location: Art Room



Activity #	Date	Time	Fees
MOOD & STYLE			
150103-A	Fri: 9/19-12/5*	10:30am-12:30pm	R: \$154 / NR: \$164
PAINTING FOR FUN			
150103-B	Fri: 9/19-12/5*	1-3pm	R: \$154 / NR: \$164

*No class dates 11/28



Intermediate/Advanced Watercolor 18 & up

Watercolor-Glazing Techniques

Glazing can create a luminosity of color to paintings which is not achieved by other methods. The artists will try direct wet in wet glazing, then go on to the English method of wet over dry, do a little paint pouring, and incorporate several other techniques that enhance these methods. Artists may select their own subjects to fit the lesson. The five classes will cover demonstrations, in-depth critiques for each lesson. Individual painting assistance will be provided.

Instructor: Carolyn Gawarecki

Location: Art Room

Activity #	Date	Time	Fees
150105-A	Tue: 9/30-12/2*	9:45am-12:30pm	R: \$160 / NR: \$170
150105-B	Tue: 10/7-12/9*	9:45am-12:30pm	R: \$160 / NR: \$170

*No class dates 11/11, 11/25

Intermediate/Advanced Watercolor 18 & up

Watercolor-Glazing Techniques

Glazing can create a luminosity of color to paintings which is not achieved by other methods. The artists will try direct wet in wet glazing, then go on to the English method of wet over dry, do a little paint pouring, and incorporate several other techniques that enhance these methods. Artists may select their own subjects to fit the lesson. The nine classes will cover demonstrations, in-depth critiques for each lesson. Individual painting assistance will be provided.

Instructor: Carolyn Gawarecki

Location: Art Room

Activity #	Date	Time	Fees
150106-A	Tue: 9/30-12/9*	1:15-3:30pm	R: \$205 / NR: \$215

*No class dates 11/20

If you have an idea for a new class, please submit it to dwright@fallschurchva.gov.

Invasive Exotic Plants 14 & up

From our local parks to our front doorstep non-native exotic plants are growing and thriving all around us. Surprisingly many of those plants we buy at our local nurseries! Unfortunately some of the exotic plants do not stay in their intended place and quickly spread everywhere creating problems for us and our neighbors. Learn to recognize the non-native exotic plants that have become invasive in our area and also learn what we can do to prevent their spread.

Instructor: Jeremy Edwards

Location: Art Room

Activity #	Date	Time	Fees
151008-A	Tue: 10/7	7-8:30pm	Free!

Back Yard Composting for Beginners 14 & up

Learn how to turn fall leaves and yard trimmings into rich organic compost for your garden. Topics include: hands-on composting demonstration, making compost tea, proper food waste composting and vermicomposting. Participants will take home a free portable compost bin.

Instructor: Kathy Allan

Location: Cherry Hill Shelter

Activity #	Date	Time	Fees
151009-A	Sat: 10/18	10-11:30am	Free!

Native Plants of the Mid-Atlantic 14 & up

The Mid-Atlantic region is home to an abundance of native plants many of which require specific growing conditions to thrive. Learn about many of our local native plants and what they need to survive.

Instructor: Jeremy Edwards

Location: Senior Center-Left

Activity #	Date	Time	Fees
151010-A	Thu: 10/23	7:30-9pm	Free!



Structure Pruning Young Trees 14 & up

Pruning is essential in developing a tree with a strong structure and desirable form. Learn the techniques and benefits of "Structure Pruning" trees during their developmental years.

Instructor: Jill-Anne Spence

Location: Training Room

Activity #	Date	Time	Fees
151011-A	Sat: 11/8	10-11:30am	Free!

Our Place in the Watershed 14 & up

Interested in learning more about our place in the Chesapeake Bay Watershed and how we affect water quality? Topics include: introduction to our area, water quality issues, tips for conserving water and improving water quality. Includes viewing a portion of the film "Four Mile Run" by David Eckert.

Instructor: Kathy Allan

Location: Community Room

Activity #	Date	Time	Fees
151012-A	Wed: 11/12	7-8:30pm	Free!



Please check the City's website for more **GROWING GREEN** lectures and events:
www.fallchurchva.gov

Falls Church Clubs

COME JOIN A FALLS CHURCH CLUB!!!

All clubs looking for more members.

The City of Falls Church Concert Band

The City of Falls Church Concert Band is a community band that performs an entertaining mixture of marches, classical pieces, Broadway show medleys, regional tunes, and American classics. Membership is open without audition to all concert band musicians from all over the area. Music Director Adam Levowitz brings not only a lot of musical experience and professionalism to the band, but also a friendly, lighthearted atmosphere. Rehearsals are held on Wednesday nights 7:45-9:45pm at the George Mason High School, 7124 Leesburg Pike, in Falls Church. Visit the band website at www.fallschurchconcertband.org

Language Clubs

English Conversation- Mondays at 12 noon

German Conversation- Tuesdays at 10am

Italian Conversation- Tuesdays at 1:30pm

French Conversation- Thursdays at 10am

Come sit back, relax and enjoy some great conversation. All levels of conversation welcomed. Some knowledge of the language is expected, these are not teaching clubs. Please call the Senior Center at **703-248-5020** for more information.

Aquatics Club

The Aquatics club meets every Tuesday and visits a local Sport and Health Club for water aerobics with a certified aquatics instructor. Come join us for a great water exercise workout. Class is from 10:30-11:30am. Van leaves the Senior Center at 10am and returns around 12 noon. Some fees apply. Please call the Senior Center at **703-248-5020** for more information.



Garden Club

The Garden Club meets at 7:30pm on the first Wednesday of the month at the Falls Church Community Center. Gardening specialists are invited to discuss effective gardening/ environmental practices and other topics related to garden design, container gardens, etc. All this, and refreshments, is free and open to everyone. In the spring, a yearly plant sale is sponsored and held in the Falls Church Community Center. Also, during the year, garden tours and trips are taken. A monthly newsletter is published with news of club activities, public gardens and gardening tips. For more information, call Linda Martin at **703-698-5081** or go to www.fallschurchgardenclub.org for more information.



Golden Age Bingo Club

The Bingo club meets from 10am-1:30pm every Tuesday in the Senior Center for adults 50 and over. Come play some Bingo, have fun, socialize and meet new friends. Besides Bingo, the group has raffle drawings, parties, and goes on trips. This group is run by a senior. Small fee of 25 cents per card applies. Please call the Senior Center at **703-248-5020** for more information.

Bridge Club

Social Bridge – Meets every Monday at 10am. Come spend the day playing bridge in a friendly and pleasant atmosphere. This is a social game setting.

Contract Bridge- Meets every Friday at 10am. Come spend the day playing bridge in a friendly but competitive setting. This club is for the more serious bridge player. Please call the Senior Center at **703-248-5020** for more information.

Falls Church Senior Center

The Falls Church Senior Center is located in the Falls Church Community Center and operated by the Recreation & Parks Division of the Community Services Department. A wide range of activities is offered Monday-Friday along with a lunch program available on Monday, Wednesday, and Friday. Please call **703-248-5020** for more information.

Hours of Operation: Monday-Friday, 9am-3pm.

SENIOR CENTER ACTIVITIES

Armchair Travel Day

Meets the fourth Friday of every month. Come join us for a trip around the world-without having to pack a suitcase. A Falls Church librarian rounds out the experience with videos, books and printed material about each month's destination.

Bridge

Players gather at the Falls Church Senior Center on Monday and Friday for bridge. Monday's social bridge meets at 10am & Friday's contract bridge meets at 9am.

Walking Group

Meets Thursdays from 10am-12 noon, except the first Monday of the month, 10am-1pm (bring a bag lunch).

Lunch Bunch

Join the Senior Center staff in a lunch outing once a month at different local restaurants every second Monday of the month at noon. Van leaves at 11:45am

Meet Me at the Movies

Meets the third Thursday at 9:00am. Breakfast and movie included at Merrifield Theatre. See calendar for exact dates and movie titles. Transportation on your own.

Golden Age Bingo Club

Meets every Tuesday from 10am-1:30pm.

Bingo

Meets every Wednesday from 10am-1:30pm.

Birthdays with Beryl

Join us on the second Wednesday of the month at 12 noon to celebrate all the birthdays in the month with tasty treats.

Nutritionist

A nutritionist provides healthy eating tips every third Wednesday at 12 noon.

Armchair Fitness

Exercise with us every Wednesday from 10-10:30am.

Mixed Trivia

Join Senior Center staff and test your knowledge on the first and third Monday at 10am.

Rummikub Challenge

Come every Thursday at 1pm and play a friendly game of Rummikub

Checkers Challenge

Every Wednesday at 10:30am.

Water Aerobics

Come join us for a great workout. Water aerobics every Tuesday from 10:30-11:30am. Van leaves at 10am. Return around 12 noon. Fees apply. Call for more details.

Game Day

Come every Friday at 9am for FUN and games.

Canasta

If you are up for the challenge, or would like to socialize and play a friendly game, come play Canasta with us every Monday at 10am.

Movie Day

On the first Friday of each month, you can see a movie on the "The Big Screen" at 10am in the Teen Center.

Military History

Join this enthusiastic group on alternate Fridays. Selected topics include WWII, Korea and Vietnam War.

English as a Second Language

Meets every Monday and Wednesday from 10am-Noon

Foreign Language Conversation Groups

All groups looking for new members. Informal, drop-in groups meet weekly:

Mondays: English group 12 noon

Tuesdays: German group 10am

Thursdays: French group 10am
Italian group 1:30pm

Current Events

An informal group that meets the second and fourth Monday from 10-10:45am.

Blood Pressure

Held every other Tuesday from 9am-10am.

Falls Church Senior Center

JOIN US FOR THE SENIOR OLYMPICS

2008 Senior Olympics

Saturday, September 20 –Thursday, October 2

Saturday, September 20 –Opening Ceremony/ Track & Field

Monday, September 22 thru Thursday, October 2 – Events

New events added this year—Ice skating, Diving, Scrabble, and Racquetball



SHOPPING TRIPS

Are you ready to shop till you drop? Get ready for the holidays!

September: Leesburg Premium Outlets

With 110 outlet stores in an outdoor village setting, find impressive savings at Coldwater Creek, Crate & Barrel, Liz Claiborne, Lane Bryant, Easy Spirit, Williams-Sonoma outlet, Dress Barn, and many, many more! Please feel free to bring lunch or eat at their food court.

October: Prime Outlets Hagerstown

You'll love shopping at Prime Outlets - Hagerstown. It is a true shopper's haven with over 100 brand names such as Banana Republic Factory Store, Calvin Klein, Chico's Outlet, Coach, Polo Ralph Lauren Factory Store, Tommy Hilfinger, and many, many more!

November: Dulles Town Center Mall

This mall has over 185 stores to choose from and major retailers such as JC Penney, Sears, Macy's, Lord & Taylor and Nordstrom. You can also choose from a food court for a quick lunch or a sit down restaurant to dine at.

December:

Bull Run Festival of Lights – Come join us for a 2.5 mile drive-through the park with a holiday show with over 75,000 LED lights! Over 23,000 vehicles visit annually. Sit back and enjoy the show!

Festival of Lights at the Mormon Temple – Come join us celebrate the holiday season! There are over 450,000 sparkling Christmas lights around the grounds. Also, there will be time to stop at the Visitor's Center to view the holiday exhibits from around the world and stop to relax and enjoy a live holiday concert in their state-of-the-art theater.

SPECIAL SENIOR PROGRAMS

September: Fall Celebration with special entertainment

October: Halloween Party – Costumes encouraged!

November: Thanksgiving Luncheon with special entertainment

December: Holiday Party with special entertainment

MUSEUM TRIPS

September: Wax Museum – This is a fully interactive attraction that features exhibits such as 'Behind the Scenes' – where visitors learn about the trade secrets used to create Madame Tussards' wax figures. (Admission fee applies)

October: Newseum – This is an interactive museum of news and journalism which moved from Arlington, Virginia to Washington, DC. There are fourteen major galleries which blend five centuries of news history. They also have fifteen theaters including a 4-D immersive experience. (Admission fee applies)

November: International Spy Museum– This museum showcases more than 200 gadgets, weapons, bugs, cameras, vehicles, and technologies used for espionage throughout the world. The museum chronicles the history of spying throughout the ages, across the globe, and today. (Admission fee applies)

December: National Museum of American History –Come see the new changes that the museum has done! New and improved features include: 10 foot high artifact walls on both the first and second floors showcasing the breadth of the Museum's 3 million objects, a state of the art gallery for the Star Spangled banner, new exhibition gallery for the Museum's Lemelson Center for the Study of Invention and Innovation, etc. (Admission fee applies)

AARP Fifty Five Alive

Ages 50 and older

A refresher-driving course for licensed drivers aged 50 & older. This course will review the different processes of driving for the older driver. A certificate will be issued at completion of the two day course, which can be submitted to insurance. The State of Virginia mandates a discount in car insurance. Make checks payable to "AARP" for \$10. Discounts are not given.

Instructor: Jack Nelson

Location: Falls Church Community Center

Class Dates: September 23 and 25, November 18 and 20, January 15 and 16

Time: Class meets on both days from 10am-3pm

Fees: \$10



SENIOR CENTER ARMCHAIR TRAVEL PROGRAMS

Presented by staff from the Mary Riley Styles Public Library in conjunction with the Falls Church Senior Citizen Center at the Center.

Location: Teen Center

Time: 10:30am

Dates: Fourth Friday of each month

September 26: Romantic Inns of California

(Running time: 105 minutes)



Join us for some surprising behind the scenes visits to famous—and undiscovered—inns, revealing culinary tips from award winning “inn chefs”, fascinating interviews with innkeepers, plus romantic adventures from wine-tasting to ballooning, from mountain riding to tide pooling! We'll visit Sonoma County, the San Mateo coast side, Monterey Peninsula, Santa Barbara, and finally the southern California coast.

October 24: Secrets of the Holy Land: 5000 Years of Magnificent Wonders

(Running time: 111 minutes)



For every secret revealed in the Holy Land, hundreds more hide between its stones and in its caves. Through on-location filming, dramatic enactments, and illuminating commentary, the histories and mysteries behind the Holy Land's most inspiring and compelling sites are revealed. We'll visit the Church of the Nativity, Mount Sinai, Galilee, Jerusalem, and Masada, so please join us for an enlightening time.

November and December 2008 are not scheduled due to the holidays.

**See Senior Wellness
Training on page 26**

LUNCH BUNCH

This group meets on the second Monday of every month at 12:00 noon.

Monday, September 8

Famous Daves

Monday, October 20

Peking Pavillion

(3rd Monday due to Columbus Day)

Monday, November 10

Anita's Mexican Restaurant

Monday, December 8

Red Lobster



Senior Trips Using Fastran Transportation

Time: 10:15am-1pm

Call 703-248-5020 for more details

Fee: \$1



September: Ft. Hunt Park
Springfield Mall
Target
Wegmans

October: Burke Lake Park
Fair Oaks Mall
Walmart
Costco

November: Lake Accotink
Kmart
Trader Joes
Pentagon City Mall

December: Ft. Ward Park
Wegmans
Pentagon City Mall
Costco

Registration Information

Refund Policy

The Recreation & Parks Department will provide a full credit or refund for an activity if the activity is canceled by the Department or upon request when schedule or location changes made by the Department prohibit or limit an individual's ability to attend an activity.

To request a credit or refund for any reason other than those stated above a "Request/Credit Request Form" must be completed and submitted. All requests are handled using the following guidelines:

- When a request is made ten or more calendar days before the activity starts a refund is granted less a 20% processing fee and a credit is granted less a 10% processing fee.
- When a request is made five to nine calendar days before an activity starts no refunds will be granted, but a credit will be granted less a 10% processing fee.
- When a request is made less than five calendar days before an activity starts no refund or credit will be granted unless there is a medical reason (doctor's note required) or for relocation of at least 25 miles from the City of Falls Church. If a refund or credit is granted for medical reasons or because a class participant has moved the refund will be assessed a 20% processing fee or the credit a 10% processing fee.
- No refunds or credits will be granted once an activity has ended.

The Recreation and Parks Department reserves the right to correct any misprinted item in this publication. Any corrections will be available at the Falls Church Community Center front desk.

Online Registration (WebTrac)

- Customers may register on-line if they have registered for an activity from January 2006 to present, provided an email address, and birthdates of all family members registering for activities. The first time you log-in to the website, your user name and password will be your household ID number.
- To receive a household ID number, email or call the Community Center at recreation@fallschurchva.gov or 703-248-5077. If you have an old receipt, the household ID number is in the upper left corner.
- Full payment is required at the time of registration. After you have selected the classes for which you want to participate you will be taken to the payment screen. Simply follow the directions. The online registration software is secured and your credit card information is not viewable by any outside parties.
- Some activities may not be available through online registration. If you have a past due balance on your account, you may not be able to use online registration.
- If you have questions, email or call the Community Center at recreation@fallschurchva.gov, or 703-248-5077.

MORE ADVANTAGES TO ONLINE INFORMATION

Online registration also allows you to:

- Look up details about activities at any time (price, dates, location, availability)
- Print a family calendar of activities
- Print a Child Care Statement for tax purposes or flexible spending plans
- Print an account transaction history
- Print old receipts

CHARGE IT! We accept DISCOVER, VISA, MASTERCARD and AMERICAN EXPRESS. Checks should be made payable to the "City of Falls Church."

Fees: Payment must accompany registration.

Confirmations: You will be notified if the class is cancelled or changed. Your receipt provides you with class information including start date, time and location.

Late Registration & Transfers: Late registrations and transfers are accepted if an opening is available.

Senior Citizens: Senior Citizens (65+) residing in the City of Falls Church will receive a 50% discount on registration fees only. All supply or material fees must be paid in full.

Financial Aid: Financial aid is available for City of Falls Church residents only. Forms are available in the main office or call 703-248-5077 for more information.

Register Early: All classes are filled on a first-come, first-served basis. **Deadlines to register are typically one week prior to the start of the class. Early registration helps prevent cancellations.**

INCLEMENT WEATHER POLICY: Programs, activities and classes are divided into day and evening sessions. The Day Session includes all activities that take place or start between the hours of 8am and 3pm. The Evening Session includes all activities that take place or start after 3pm. Depending on weather conditions, it is possible that activities may be cancelled for the day session and held for the evening session or vice versa. **For up-to-date information, please call the inclement weather hotline at 703-248-5125.**

Registration Dates
Residents: August 18
Non-Residents: August 25



Registration Starts

Falls Church City Residents:

Monday, August 18, 2008

Non-City Residents:

Monday, August 25, 2008

How to Register

WALK-IN: At the Falls Church Community Center, 223 Little Falls St. We accept checks, cash (exact change only), credit cards, and debit cards. Once you have entered our computer system, there are no registration forms to fill out!

Registration Hours

Monday-Thursday 8am to 10:30pm
 Friday 8am to Midnight
 Saturday 8:30am to Midnight
 Sunday 12pm to 6pm (January-March)
 Sunday 2pm to 6pm (April-December)

MAIL-IN: Mail-in registrations are processed the second day of registration. Complete the Household Registration Form (below); include payment by check or with a credit card and mail to: **Falls Church Recreation & Parks, 223 Little Falls St., Falls Church, VA 22046**

PHONE-IN: There will be no phone-in registration on the first day of resident (Aug. 18) and non-resident registration (Aug. 25). Phone-in registration will start on the second day of registration either Aug. 19 or Aug. 26. **To register by phone, please call 703-248-5077** and have your credit card ready.

Note: In-person registration takes priority over mail and phone-in. No applications will be processed prior to the beginning registration dates. Registrations received prior to these dates will be held and included with the mail received on the first day of registration.

ON-LINE: Online registration is here! Online registration can be found on the internet by going to **www.fallschurchva.gov** and clicking on the Falls Church Recreation and Parks Department Online Registration logo. Full payment is required at the time of registration and you must use a credit card (American Express, Discover, Master Card, or Visa).



Primary Household Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone Number: () _____ Work Phone Number: () _____

Email address: _____

Emergency Contact and Phone Number: _____

☐ Special Assistance is needed for one or more of individuals listed on registration. (Contact us at 703-248-5077)

Please Explain: _____

I understand that there may be risk inherent in any activity, including exercise, and I acknowledge that I have been advised to seek the advice of a medical doctor before I or my child participates in this program. I and my child agree to assume all risks of illness or injury resulting from participation in the program(s) noted below. I understand that the City of Falls Church makes no representations as to the safety of this program for me. I and my child hereby waive and release the City of Falls Church, its agents, officers and employees, including the program instructor, from and against all claims for illness or injury directly resulting from my participation in this program.

Participant Signature: _____ Date: _____

(Signature of parent/guardian if under 18)

Payment Method: ☐ Check ☐ Credit Card - circle: Visa, Mastercard, American Express, Discover

Credit Card Number: _____ Exp Date: _____

Participant Name	Male/Female	Date of Birth	Activity Registration #	Activity Name	Activity Fee
Please read class information carefully and make checks payable to City of Falls Church.					Total

Facility Rentals

The Falls Church Recreation and Parks Department welcomes the opportunity to serve you as a rental patron. Rooms in the Community Center, picnic shelters, and the Cherry Hill Farmhouse are available for rent to residents and non-residents, businesses and civic organizations.

Anyone wishing to rent space must fill out an "Application for Use of Facilities and Equipment" form, which is available at the Community Center and online at www.fallschurchva.gov. We will also mail or fax it to you. Below are the general guidelines to follow when applying for rentals:

- Applicants must be at least 21-years-old.
- It is helpful to include set-up instructions and requests for any equipment that may be needed (example: number of tables and chairs, microphone, coffee pot, projector, etc.). Room layout diagrams are appreciated.
- Be sure to include your set-up and clean-up time in the reservation request. For example, if your event will be held from 2-4pm., you might need to get into the room at 1:30 to set-up your meeting materials or party decorations and then you might need a minimum of one-half hour afterwards to clean up, so your reservation request would be 1:30-4:30pm.

- Parties require a security deposit. The deposit will be returned if the rental facility is left in good condition and equipment is not damaged.
- Requests should be made as far in advance as possible. Requests to reserve rooms may be made up to four months in advance. **It takes approximately five weekdays to process requests.** Reservations are not final until the Director approves the request. Staff will contact you as soon as the reservation is approved. Do not send out notices or invitations until your request is approved.

For more information, visit www.fallschurchva.gov or call 703-248-5077. You can pick up a rental package at the Community Center, 223 Little Falls St.



223 Little Falls St.
Falls Church, VA 22046

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